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Feds order end to CN strike

The federal government introduced legislation yesterday to end the CN Rail strike, which it called a threat to the lacklustre economic recovery.

It's expected the back-to-work bill will pass within days and send outstanding issues to binding arbitration.

Labour Minister Rona Ambrose said she would have preferred to see a negotiated end to the walkout, which began early Saturday. But she said she had to act after weekend talks failed.

"This is more than a private dispute between CN Rail and the Teamsters Canada Rail Conference," she said.

"It has serious repercussions for the national economy at a time when Canada's recovery from the global recession is still fragile."

CN Rail and the Teamsters Canada Rail Conference worked with federal mediators for months, but couldn't find enough common ground for an agreement.

Since 1,700 locomotive engineers hit the picket lines, qualified engineers from management have been trying to keep the trains running.

"(The dispute) has serious repercussions for the national economy at a time when Canada's recovery from the global recession is still fragile."
Labour Minister Rona Ambrose, left

CN Rail, the country's largest railway, is offering a 1.5 per cent wage increase and seeking to raise the maximum distance engineers can travel in one month by 800 kilometres to 6,900 kilometres.

The union argues the hike in the distance cap would require some staff to work seven days a week, and cause layoffs.

CN Rail says that's not true. It says that under the new regime, engineers would work between 16 and 18 days per month, up slightly from the current level of between 15 and 17 days.

The company says it's simply requiring engineers to work the same number of miles as conductors, noting they will be paid for their work at adjusted rates.

Ambrose urged all parties in the Commons to support the legislation.

In a statement Sunday, Liberal Leader Michael Ignatieff urged the government to protect businesses and shippers who rely on the cross-country rail network.

THE CANADIAN PRESS

News on the Move

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Eat like a pro with tips from T.O. chef

Health pg 42

HIV drugs not a valid safety net

On the web
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Tax revolt

Tories stage sit-in over HST

Two maverick Progressive Conservatives refused to leave the Ontario legislature yesterday — and were prepared to stay the night — over the government's refusal to hold province-wide public consultations on tax harmonization.

The NDP said all three parties hammered out a compromise late yesterday, but it was not immediately clear whether it would be enough for the Tories to abandon their sit-in.

Bill Murdoch

The deal involves two more days of public hearings on the HST and the Liberals will bring forward a motion today to "solidify" that, said an NDP spokesman.

The protest began after Bill Murdoch was ordered to leave the chamber after he called Premier Dalton McGuinty a liar for "shutting down" public hearings and refused to retract his remark.

"Where I come from, we call that a cop-out," he told the legislature. "Where I come from, Dalton McGuinty is a liar."

But Murdoch wouldn't budge. Other Tories flocked to their colleague's side to block any attempt to remove him, then repeatedly drowned out debate by pounding their desks and shouting, "Call public hearings!"

After repeated warnings, Speaker Steve Peters suspended both Murdoch and Randy Hillier, who helped form the human shield around Murdoch, until the end of the legislative session.

If the two set foot outside the legislature they won't be able to return until a new session starts with a speech from the throne, which would deprive the 25-member Tory caucus of two votes.

THE CANADIAN PRESS

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Local

Elephant passes away

An elephant described as the matriarch of the Toronto Zoo's elephant herd has died at age 41. Officials say Tara, left, was found lying down yesterday morning and staff could not get the 3,855-kilogram animal back on her feet. They say Tara had not exhibited any recent signs of ill health. A post-mortem will be conducted to determine a cause of death. The average lifespan of elephants in captivity is 40 to 45 years. THE CANADIAN PRESS

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Tomorrow's Metro

West View
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

metronews.ca

WHAT'S ONLINE TODAY

Video Footage of Romania's president allegedly punching a child has rocked the country's election campaign at **metronews.ca/world**

Blogs Sexcetera marks World AIDS Day with some sobering statistics about the disease's impact on Canadians

Lotteries

See metronews.ca for lottery results.

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A record-setting month

Snowless November is city's first on record in more than 160 years of tracking

No need to call out the army, or even a single soldier. This weather record celebrates the complete absence of snow.

If we made it to midnight Monday without a flake falling — which seemed likely based on weather reports — this will be the first time in Toronto in more than 160 years we have enjoyed snow-free skies before December.

"The fact you wouldn't get a flake of snow is certainly quite something," said David Phillips, senior climatologist with Environment Canada.

According to Phillips, Environment Canada's downtown weather monitoring station has never documented a snow-free October and November since it began operating in 1847.

"It is an exotic kind of record," said Phillips. "It is not going to stop you in your tracks, but when you take a look at it, it is quite significant."

There was a wee chance that a smidgen of snow could bring all this record chatter to a screeching halt.

TONY BOCK/TORSTAR NEWS SERVICE

At the end of a snowless November, flowers are still in bloom on Millwood Road in Leaside.

Yesterday's high was about 5 C, but temperatures were expected to drop overnight with a 40 per cent chance of wet flurries.

For weeks the whisper of this small but significant record has been in the air.

During some previous Novembers, no measurable amount of snow was recorded, but there were at least traces — a few flakes falling from the sky. If there was something to record, it made it into the books.

In November 1963, for example, Environment Canada recorded a scant half-centimetre of snow. Last year, the weather gods dropped about 13 centimetres of snow on our fair city in November.

The lack of white stuff isn't the only weather fact to set last month apart from previous years.

Phillips said that other than the lack of snow, this November has been warmer, drier and has had about 30 per cent more sunshine than ones in the past.

Temperatures have been about three degrees above the seasonal average and we have had about 45 per cent of normal precipitation, he said.

Those facts, plus the lack of smog, means November was "the best month ever," he said.

The numbers were recorded at the oldest weather station in Canada, currently located at the University of Toronto campus.

Phillips said we shouldn't let the lack of flakes lull us into a feeling of false calm.

On average, the precipitation that drops in October and November only accounts for about seven per cent of the total every year, said Phillips.

TORSTAR NEWS SERVICE

Correction

- Last week, the Toronto Star reported that if we made it to the end of the month, it would be the first snow-free November recorded since 1937, the year Environment Canada started tracking snowfalls at Pearson Airport.

CRTC asks Canadians to comment on so-called TV tax

FEES Canadians are getting a chance to share their views about the future of television on a special government website set up by the federal broadcast regulator.

The CRTC is looking at various options to determine the value of TV signals, a bone of contention between conventional television broadcasters and the cable and satellite companies that distribute their signals.

The two sides of the argument have waged a high-profile advertising campaign for weeks against each other.

But the high-stakes battle has been waged at the regulatory and political level for years, with each side claiming they have Canadians' best interests at heart.

The broadcasters say local television programming could die in Canada if they don't find a new source of revenue and their adversaries say consumers would end up paying higher monthly cable or satellite bills.

Some of the ads suggest the CRTC is effectively imposing a new tax on subscribers, although the regulator wouldn't collect or get anything.

The Canadian Radio-television and Telecommunications Commission is seeking the views of consumers and the industry and announced yesterday it has set up a special website for consumers to provide their feedback.

THE CANADIAN PRESS

Have your say

- The CRTC's hearings are set to begin next week in Gatineau, Que., and Canadians have until Dec. 21 to comment online at television.askingcanadians.com.

News in brief

REVITALIZED Maple Leaf Gardens will be getting a new lease on life as a multi-function facility. Loblaw Companies Ltd., Ryerson University and federal officials are expected to announce $20 million in infrastructure funding for the project at a news conference today. News station CP24 reports the mutlimillion-dollar plan for Maple Leaf Gardens includes a grocery store, athletic facility and rink. Loblaw purchased the building several years ago and planned to turn it into a Superstore. THE CANADIAN PRESS

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Council OK's hotel at Exhibition Place
Toronto council has cleared the way for a 300-room, 26-storey hotel at Exhibition Place, despite a councillor's complaint that the way the deal was awarded "doesn't meet the smell test." Councillors granted HK Hotels a 49-year lease at the Ex by a 36-4 vote. TORSTAR NEWS SERVICE

Humane society may be closed for up to 3 weeks

The Toronto Humane Society will remain closed for weeks as animal welfare investigators pour over hundreds of thousands of files under the authority of a search warrant that the society vowed yesterday to challenge.

"We will be pursuing legal options to contest the validity and the scope of the warrant," humane society spokesperson Ian McConachie said after learning that the facility would not reopen today.

The humane society had argued that the warrant expired at midnight, but a lawyer for the Ontario Society for the Prevention of Cruelty to Animals said a justice of the peace supported their view that there was no time limit.

"As long as we continue to be in possession of the premises, and as long as we are continuing to search, we finish when we finish," said Christopher Avery, who added there was never a "sunset clause" on the warrant.

OSPCA investigator Kevin Strooband said: "We're looking at the potential of three weeks and we're going to take it day-by-day."

"We will be pursuing legal options to contest the ... warrant."
Ian McConachie, humane society

Last Thursday, the OSPCA raided the humane society and said it found animals in such poor health that seven of them have had to be put down since.

The raid resulted in animal cruelty charges against five employees.

The humane society maintains there are sick and injured animals at the facility because it is a hospital, a place to "return animals to health, not simply euthanize them."

THE CANADIAN PRESS

Memorial **World AIDS Day**

JOHN R. KENNEDY/FOR METRO TORONTO

Ian Grindall of Toronto places a flower on the AIDS Memorial at Cawthra Park on Church Street on the eve of World AIDS Day. The Toronto memorial, designed by Patrick Fahn, consists of several stone pillars with bronze plaques displaying the names of people lost to AIDS. Since 1988 the first day of December has been designated as a day to raise awareness of HIV and AIDS. More coverage, pages 19 and 42

Youths refused to help man run off the road, court told

TESTIMONY Youths in three trucks refused to help after a car was run off the road during a night of "nip-tipping," a racist term used by some locals for attacks on Asian-Canadian fishermen, a Newmarket court has been told.

"I asked them for help," Ruohang Liu, 24, said yesterday under questioning from assistant Crown Attorney Amit Ghosh.

"I begged them for help."

His testimony came in the trial of Trevor Middleton, 23, of Georgina Township, who faces four counts of aggravated assault and two counts of criminal negligence causing bodily harm.

TORSTAR NEWS SERVICE

Food Bank gets boost from idle wireless company

CHARITY Employees from an idle wireless company helped assemble Christmas food bags for the needy yesterday.

More than 150 executives, managers and staff employees at WIND Mobile, shut out of the Canadian market by a recent regulatory decision, volunteered to pack bags at Toronto's Daily Bread Food Bank.

"It's great to see employees come together and commit themselves," said Anthony Lacavera, chief executive of Globalive Wireless Management Corp., known by the brand name WIND Mobile.

Under the program launched by the food bank last year and sponsored by the Toronto Star's Santa Claus Fund, more than 10,000 families are to receive the bags.

Each is packed with 8 kg of food, including pancake mix and syrup for Christmas breakfast, tangerines, staple food items and treats.

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Man faces fraud charges

A man posing as an investment broker defrauded victims of hundreds of thousand of dollars, police said. According to police, one incident took place in 2003 and another in 2008. James Jonathon Gibb, 54, of Burlington, faces two charges of fraud. TORSTAR NEWS SERVICE

Tips to energize like an athlete

Toronto chef Rose Reisman says the key is in what and how you eat

When watching our stalwart winter Olympian athletes tearing down the slopes or speed skating the oval like there was no tomorrow, have you ever wondered where they get that supreme energy?

"The key is in what they eat," says Rose Reisman, a Toronto nutritional consultant, cookbook author, restaurant and catering business owner.

"And non-Olympians can learn from those athletes because no matter what you do in terms of an active lifestyle we should all be eating the same as they," she says. "The only difference with an Olympian is that they are going to consume double the calories we are because by nature they are more active."

CHRIS YOUNG/THE CANADIAN PRESS

Chef Rose Reisman poses at her Toronto home wearing a Vancouver 2010 hooded top recently.

With the 2010 Vancouver Winter Olympics just over two months away, Reisman thought it a good time to put a challenge to not-so-active Canadians to get fit not only through exercise, but when choosing meals as well.

"The old days where the belief was protein, protein and more protein or maybe a bowl of pasta before a run are past," she says. "Now it's a matter of following Canada's Food Guide and snacking every two to three hours five times a day so you can fuel your body properly."

Reisman starts her day with a snack to "kick-start her metabolism" because after sleeping six to eight hours the metabolism is at its slowest rate possible, she says. Then she works out at her home gym "religiously."

"Later I make myself a simple breakfast with something from the four food groups. So that might mean a piece of whole-grain toast, peanut butter, a banana, yogurt or milk."

She finds that prevents her from getting hungry and overeating.

Finally, she urges proper hydration as a key to good nutrition."

The majority of hydration should come from water, she says.

THE CANADIAN PRESS

Eat like an athlete

- Don't start the day with an empty fuel tank; eat an adequate breakfast.
- Build a strong immune system by eating small amounts of food more frequently.
- Instead of three large meals a day, split the same food into five smaller meals.

A light and healthy recipe from the menu at Reisman's Toronto restaurant Glow Fresh Grill and Wine Bar.

Lobster Macaroni and Cheese

MAKES 4 SERVINGS

INGREDIENTS:

Macaroni:
- 500 ml (2 cups) cooked macaroni
- 165 g (6 oz) cooked (canned) lobster meat, diced

Cheese Sauce:
- 500 ml (2 cups) milk
- 22 ml (1½ tbsp) all-purpose flour
- 60 g (2 oz) grated old white cheddar cheese
- 30 g (1 oz) grated Gruyere cheese
- 30 g (1 oz) grated Parmesan cheese
- 0.5 ml (⅛ tsp) cayenne pepper
- 0.5 ml (⅛ tsp) nutmeg
- Black pepper, to taste
- 5 ml (1 tsp) chopped tarragon

Topping:
- 50 ml (¼ cup) panko crumbs
- 5 ml (1 tsp) olive oil
- 15 ml (1 tbsp) grated Parmesan cheese
- 50 ml (¼ cup) grated old white cheddar

METHOD:

Spray 4 individual baking dishes with vegetable oil. Preheat oven to 220 C (425 F).

Cheese sauce: In a saucepan, combine milk and flour until smooth.

Heat over medium heat and whisk until slightly thickened, about 3 minutes.

Add 3 cheeses, cayenne, nutmeg and pepper and mix just until cheeses are melted.

Add tarragon, cooked pasta and lobster. Pour into baking dishes.

Topping: Combine crumbs, oil and both cheeses.

Sprinkle over top of pasta and bake for 10 minutes just until hot and topping is browned.

THE CANADIAN PRESS

Cut Your Home Heating Bill

Get simple, inexpensive tips to save money and energy this winter.
The must-have furnace checklist every home needs to stay warm and efficient.

Tonight 6

CTV NEWS

Ken Shaw & Christine Bentley

Unpaid 407 bills can lead to lawsuits

Transportation Minister Jim Bradley has confirmed that Ontario motorists who use Highway 407 and forget to pay their bills can legally be hounded for 15 years. The 407 Express Toll Route says it has the permission to pursue motorists for unpaid balances and add annual interest of 26.82 per cent. TORSTAR NEWS SERVICE

Google grows in True North

At a time when many companies are drastically cutting jobs, Google Canada says it's hiring in all of its offices and has good reason to grow: Canada is more into Google and its products than just about any other country.

Google has posted help-wanted ads for 16 positions in Montreal, Ottawa, Toronto and Waterloo, Ont. The company has about 100 Canadian employees in all.

Google is now looking for a new head of industry, software engineers, administrative assistants and other staff to help take advantage of Canada's base of plugged-in Internet users, said Jonathan Lister, Google Canada's country manager and managing director. "I think we recognize there's an incredibly engaged Canadian audience, that Canadians are different from other online consumers or other people who are online," Lister said.

"The fact that Canadians search twice as much as Americans, according to comScore data, is unbelievable. Canadians are (each) searching (an average) of 143 times a month — those aren't small differences or small changes, that's a pretty significant and quite powerful difference."

Studies also suggest Canadians spend about a third more time online than Americans, Lister said, while YouTube, Google's video streaming site, is more popular in Canada than in any other country.

But Lister admits Canada has lagged — and may continue to lag — behind the U.S. market when it comes to getting access to Google's latest and greatest online tools.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more on Google's Canadian users.
Learn how to scan the barcode with the instructions at the top of pg 3

CARLOS OSORIO/TORSTAR NEWS SERVICE

About 200 driving instructors circled Queen's Park yesterday to draw attention to the three-month strike by Ontario's drive testers. At the podium is Stephanie Maier, one of those affected.

Labour minister won't halt DriveTest strike

TESTING Ontario's labour minister says he not will force an end to the DriveTest strike despite a nearly four-month dispute.

Labour Minister Peter Fonseca says he understands the work stoppage has inconvenienced many, but insists the most productive solution is a negotiated settlement with the help of government mediators. Earlier this month, the striking workers rejected the employer's latest contract offer, with 78 per cent voting against it.

Dozens of driving instructors gathered at the provincial legislature to protest what they call the government's inaction.

They say the dispute — which centres around job security — is bankrupting small businesses and keeping thousands from getting their driver's licences.

THE CANADIAN PRESS

Curriculum to get overhaul from province

EDUCATION The province is conducting a sweeping review of curriculum from Grades 1 to 8 to fix what educators charge is an overcrowded jumble that fails to prepare the province's 1.4 million students for the future.

Based on input gathered this fall, Queen's Park says it will start implementing leaner guidelines, fewer checklists of facts and more time for deeper learning in the fall of 2011. It is the first overhaul designed to weed out some of the staggering 3,400 "expectations" built into the curriculum 10 years ago when Grade 13 was abolished.

A special advisory group is expected to propose a new blueprint by February based on input like a Toronto District School Board missive that called the curriculum "a series of overly robust subject-based documents which are disconnected, overwhelming and full of content reflective of 20th-century knowledge."

TORSTAR NEWS SERVICE

News in brief

KINDERGARTEN Sudbury's Catholic board has already decided to offer full-day kindergarten to all of its kindergarten students starting next fall. Although boards across the province were asked to submit their lists to the province by Monday, the Toronto public and Catholic boards now have an extra week — to Dec. 9 — in part because of the sheer number of schools they have to consider.

TORSTAR NEWS SERVICE

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Man faces DUI charges in hit-and-run
Toronto police have charged Vladimir Atlagic, 29, with drinking and driving offences after an early morning hit-and-run on Kingston Road. THE CANADIAN PRESS

Shedding light on neurofibromatosis

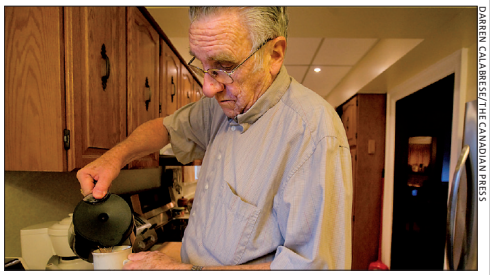
Genetic condition not contagious, says official

Bob Bingham settles back in his leather easy chair and agrees he's a man who's comfortable in his own skin.

That might come as a surprise to some, for the topography of Bingham's skin is anything but smooth. He has hundreds of lumps and bumps ranging over his body, from a smattering on his face and neck, to tightly packed clusters on his chest and back.

Benign tumours that form in the sheath surrounding nerve tissue, they are but one possible manifestation of a little-known genetic condition called neurofibromatosis, or NF.

"If I was walking down the street, you wouldn't notice it," says Bingham, 72, of Toronto. "But some of our people, their faces are very badly marked, like you would see them coming from several blocks away."



DARREN CALABRESE/THE CANADIAN PRESS

The effects of Bob Bingham's neurofibromatosis are virtually unnoticeable as he pours a fresh cup of coffee in his Toronto home.

Those more severely afflicted can be covered with boil-like protrusions of various sizes that Bingham describes as looking like clumps of raspberries.

He tells the story of one woman with NF who was so distraught by people's reactions to the myriad growths on her skin that for four decades she rarely ventured from her home.

There is nothing infectious about neurofibromatosis, which is caused by a mutated gene that can be inherited from a parent or arise spontaneously, says Ron Turley, president of NF Canada in Ottawa.

About one in every 2,500 people worldwide has the incurable disorder, which affects an estimated 11,000 Canadians.

THE CANADIAN PRESS

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December 1st until December 3rd

the Bay

Theft suspect electrocuted at power station

A man is in critical condition after getting electrocuted while allegedly trying to snatch copper wires from a Hydro-Quebec distribution station. Quebec provincial police say the 23-year-old broke into the Baie-Comeau facility by cutting a hole in the fence. THE CANADIAN PRESS

Canada

Charges upgraded in murder case

Charges against a man accused of killing his two children and attempting to kill his wife in their Calgary home have been upgraded to first-degree murder. James Bing Jun Louie, who was originally charged with second-degree murder, appeared briefly in court via closed circuit television. He didn't speak as his lawyer, Noel O'Brien, had the case put forward to Dec. 14 so he can receive more details about the case. THE CANADIAN PRESS

Opposition cries foul

Tories accuse critics of maligning troops over Afghan detainee case

The Harper government is once again calling in the troops in an effort to smother the public debate over the treatment of Afghan detainees.

Besieged by questions over the government's handling of the detainee issue for a third consecutive week, the Tories mounted an offensive yesterday. They accused their critics of maligning Canada's soldiers — even though no one has done so.

Michael Ignatieff

That prompted an immediate opposition counterattack.

Liberal Leader Michael Ignatieff called it a "disinformation campaign" and accused the government of "hiding behind our soldiers."

Bloc Leader Gilles Duceppe said the Tories are pushing an argument of "astounding simplicity" that is beneath a prime minister. And NDP Leader Jack Layton accused the Conservatives of "trying to change the channel."

"This has never been about troops," he said.

Liberal foreign affairs critic Bob Rae argued that how Canada handled Afghan prisoners is a "critical question for the success of our mission."

"We are in Afghanistan because we believe in democracy, we believe in human rights," said Rae

No one has accused Canadian soldiers of abusing detainees, but testimony from diplomat Richard Colvin has raised questions about whether government officials turned a blind eye to abuses committed on detainees after they were handed over to Afghan authorities by Canadians.

Defence Minister Peter MacKay argued yesterday that if you accept last week's testimony by three generals, you must agree the government acted properly. The corollary was that if you don't believe the generals you are against Canada's troops.

THE CANADIAN PRESS

Nova Scotia **Lobster season kicks off**

ANDREW VAUGHAN/THE CANADIAN PRESS

Fishing boats loaded with lobster traps head from the harbour yesterday in West Dover, N.S. Boats from Eastern Passage near Halifax to Digby in the Bay of Fundy take part in dumping day when fishermen set their traps for the start of the season.

Blaze kills man after cluttered home hampers firefighters

WINNIPEG A Winnipeg man described by his neighbours as a compulsive hoarder has been killed in a house fire in which clutter hampered firefighting efforts.

Firefighters discovered the man's body soon after they extinguished the early-morning blaze in the city's north end.

Platoon Chief Bob Wright said crews had trouble gaining entry to the burning building. He said they could not get through the rear entrance of the home because so much material had been piled up against the back door.

The man's name has not been released, but neighbours identified him as Millard Haluk, whose wife died earlier this year.

They say he had lived in the home for many years and compulsively collected and stored items.

THE CANADIAN PRESS

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SCANLIFE

While many companies rush to trim payrolls, Google woos job-seeking Canadians, who they say are among the world's "most engaged" surfers. Scan this barcode for the full story.
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Journalist attempted escape, says negotiator

SOMALIA Canadian journalist Amanda Lindhout's days while held captive in Somalia got darker after a foiled escape attempt in which she and a fellow hostage fled to the steps of a mosque before being recaptured, says a man hired to help get her free.

Lindhout and Australian Nigel Brennan were held together in relative comfort before they loosened the bricks in the walls that held them early one morning in January, says John Chase of the U.K.-based hostage negotiation group AKE.

The two slipped out and made a dash for freedom, reaching a nearby mosque before their captors caught them again, he says.

"Some people were too scared to help them and the gang caught up with them. There was actually a story of some people trying to help them that got beaten down and they got recaptured," Chase told The Canadian Press.

"From that point on, things got a lot worse for them. They were shackled (and) kept in separate rooms."

The pair were released last week after 15 months in captivity once a ransom was paid. THE CANADIAN PRESS

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OPP release name of driver in fatal crash

Provincial police say Jacqueline Macaskill, 52, was the Hamilton Township woman killed in a head-on crash north of Port Hope, Ont. She died after she lost control of her vehicle on wet pavement on County Road 28. THE CANADIAN PRESS

Manitoba doles out cash to be fit or pregnant

WINNIPEG Despite a shrinking economy, Manitoba's NDP government is opening its coffers to help people get fit, get pregnant and fight crime.

The government's annual throne speech, released yesterday, promises new tax credits for women undergoing fertility treatment and adults participating in fitness programs.

Premier Greg Selinger said the government will spend more money than it takes in on core programs, but will meet its requirement under the province's balanced budget law to post an average surplus over a four-year period.

Manitoba's economy is faring better than most other provinces, but is still expected to shrink by 0.2 per cent. THE CANADIAN PRESS

Spending

- Fertility treatments get boost, along with fitness programs .
- Winnipeg police will have money for a helicopter.
- 1,500 social housing units to be built within five years.

News in brief

FREDERICTON St. Thomas University has appointed an acting president as it looks for someone to fill the top job. Former Tory MP Dennis Cochrane will become its interim president and vice-chancellor as of January. THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

RCMP officers gather at a dock yesterday on Lyall Harbour at Saturna Island, B.C.

Bodies ID'd in crash

A Vancouver doctor and her sixth-month-old baby have been identified as two of the six people killed in a float plane crash off Saturna Island on the B.C. south coast.

A California couple who were part owners of a pub on the island, a Vancouver counsellor and a White Rock, B.C., man were also on board the Seair Seaplanes flight that crashed just after taking off en route to Vancouver.

The pilot and another passenger survived the crash of the de Havilland Beaver aircraft.

The RCMP have identified the victims as 41-year-old Kerry Margaret Morrissey, her baby Sarah, 55-year-old Catherine White-Holman of Vancouver and 60-year-old Thomas Gordon Glenn of White Rock, B.C.

The two B.C. women were longtime employees of Vancouver Coastal Health, said spokeswoman Anna Marie D'Angelo.

Morrissey, who at work went by her maiden name Telford, was a doctor with the authority for more than 10 years. She had been working at the Vancouver-based South Community Birth Program. She gave birth to her second daughter, Sarah Grace Morrissey, in May.

White-Holman, a social worker, had been employed by the authority more than 15 years, with her current posting at Three Bridges Community Health Centre.

"We're very shocked and saddened by the deaths of these two very respected health care professionals," D'Angelo said, adding colleagues were reeling yesterday at both community health centres. THE CANADIAN PRESS

Takeoff

- The single-engine float plane went down shortly after taking off for Vancouver Sunday.

Newfoundland calls for hydro talks

ST. JOHN'S Newfoundland and Labrador is again calling on Quebec to renegotiate the terms of the 40-year-old contract to develop the Churchill Falls hydroelectric project, after decades of failed efforts to revisit the deal.

The head of Newfoundland and Labrador's energy corporation has asked Hydro-Quebec to enter talks to renegotiate the pricing terms of the contentious 1969 deal to develop the Churchill Falls hydroelectric project.

Premier Danny Williams

Nalcor Energy president Ed Martin says the terms of the deal, which don't expire until 2041, allow Quebec to buy Labrador's energy for a small fraction of its real commercial value.

Martin said the new effort to revisit the contractual terms is based on legal advice he feels compelled to follow.

"We feel the grounds exist to require Hydro-Quebec to renegotiate the pricing terms of the power contract under certain provisions of the Quebec Civil Code," he said. He added changes to Quebec's Civil Code in 1994 open a new avenue for a legal challenge.

He was short on details, however, when asked whether there's any legal precedent to support the notion of retroactively applying such legal duties to a deal struck in 1969.

Martin would only say he is relying on a legal opinion from a Montreal law firm, prepared with help from Jean-Louis Baudouin, formerly a judge with the Quebec Court of Appeal.

Premier Danny Williams has bitterly complained the agreement amounts to dumping his province's hydroelectric power on Quebec's doorstep.

He says the deal has reaped about $22 billion for Quebec but only about $1 billion for Newfoundland and Labrador. That's in part because the deal wasn't structured to reflect the changing value of power, allowing Quebec to sell it for many times more than it paid.

"We are not prepared to give up on this," Williams said, adding the deal is costing the province "enormous" amounts in lost revenue. THE CANADIAN PRESS

After protest, terrorism suspect released on condition he wear electronic bracelet

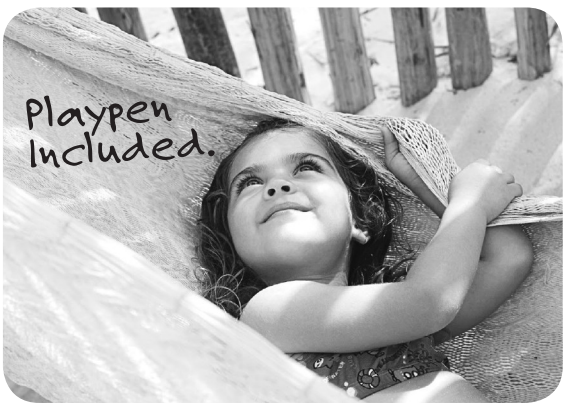
COURT A judge has ruled that a hunger-striker accused of terrorist links can once again be freed from prison under strict conditions.

Federal Court Justice Edmond Blanchard ruled yesterday that Mohamed Zeki Mahjoub can leave a holding centre at Bath, Ont.

His release is conditional, as long as he wears an electronic bracelet and honours other restrictions.

Last month, Mahjoub said he had lost more than 50 pounds during a hunger strike to protest his jail conditions.

The government is trying to deport Mahjoub using a national security certificate, claiming he was a high-ranking member of an Egyptian Islamic terrorist organization. THE CANADIAN PRESS



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Inquiry into man's death in police custody resumes
A Nova Scotia inquiry into a mentally ill man's death in police custody will resume today after a month-long break. THE CANADIAN PRESSS

Earth faces crisis: Poll

Most Canadians think climate change is the planet's defining crisis, a new poll suggests.

That belief is held most strongly in Quebec and less so in the Prairies, a survey conducted by Harris-Decima on behalf of the Munk Debates has found.

The poll asked Canadians if they agreed or disagreed with a resolution to be debated today during the fourth Munk Debate in Toronto, that: "Climate change is mankind's defining crisis, and demands a commensurate response."

Nearly two-thirds of Canadians agreed while 31 per cent disagreed. A tiny fraction had no opinion.

"I think it shows the extent to which not just the environment, but the actual issue of climate change, has ascended up the public agenda to the point where it is reminiscent of those other big causes that have shaped a lot of Canadian history," said Rudyard Griffiths, co-organizer of the Munk Debates.

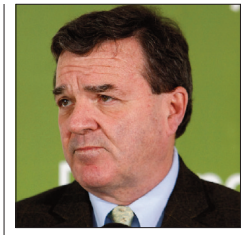
67% Polled women who agree with a resolution that, "Climate change is mankind's defining crisis, and demands a commensurate response."

Women were slightly more inclined to agree with the statement (67 per cent) than men, at 63 per cent.

Across the provinces, more Quebecers and Atlantic Canadians agreed that climate change is the defining crisis, while people in Alberta, Manitoba and Saskatchewan were less likely to agree.

The pollsters then asked people for their thoughts on a range of arguments for and against climate change. "We came up with a battery of the most conventional arguments for and against ambitious action on climate change," Griffiths said.

THE CANADIAN PRESS



Jim Flaherty

Protesters arrested

CLIMATE Police arrested seven protesters who occupied federal Finance Minister Jim Flaherty's riding office in Whitby yesterday.

Durham regional police say the demonstrators were charged with mischief and trespassing.

They were released on condition they stay away from Flaherty's office or the office of any other elected official.

The demonstrators from the group People for Climate Justice wants a binding climate treaty during negotiations to be held in Copenhagen in December. It also wants Ottawa to commit to reducing greenhouse gas emissions by 2020 to 25 per cent of 1990 levels. THE CANADIAN PRESS

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Calgary landlords plead guilty to safety violations in fatal fire

Two Calgary landlords have pleaded guilty to several safety and health violations in a basement suite fire that killed three people. Akif Amin was ordered by the judge to pay a $75,000 fine. His mother, Bushra, was fined $500. THE CANADIAN PRESS

Carbon monoxide deaths spur action

Memorial foundation to lobby for law changes

When Laurie Hawkins and her family died last Dec. 1 in Woodstock, Ont., from carbon monoxide (CO) poisoning in their home, her uncle John Gignac was gripped with both grief and shame.

Although Gignac was a veteran firefighter who knew all about the dangers of CO, he — like his niece — did not own a carbon monoxide detector.

Gignac has channelled his sorrow into a campaign to spread awareness about the dangers of carbon monoxide, launching the Hawkins-Gignac Memorial Foundation for CO Education this week.

Gignac's foundation, which can be found online at www.endthesilence.ca, will collect money to help buy detectors for low-income families, but will also lobby for Canada-wide changes to laws governing detectors. In Ontario, CO detectors are only mandatory in newly built homes.

Carbon monoxide is colourless, odourless and tasteless. Symptoms of CO poisoning range from nausea and headaches to more severe signs such as vomiting and unconsciousness.

THE CANADIAN PRESS

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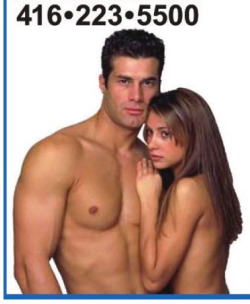
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Alberta **Don't get teed off in Trochu**

JEFF MCINTOSH/THE CANADIAN PRESS

Students compare photos yesterday as they gather around the world's largest golf tee in the east central Alberta town of Trochu, 150 kilometres northeast of Calgary. The tee, 40-feet high and made of fibreglass and metal, was donated to the community by the Alberta Treasury Branches and will be erected in front of the Trochu Golf and Country Club.

N.B. government set to forecast deficit for 2010

Premier Shawn Graham will project a deficit for next year in his budget today as he enters the final year of his mandate with New Brunswick's bottom line looking much different than the surplus he inherited in 2006.

The province's finance minister declined yesterday to reveal the extent of the deficit for 2010-2011, but said now is not the time to stop spending.

"Other governments are facing similar situations, but they are also investing because this is not the time to pull back on the economy," Greg Byrne said.

"This is the time to stimulate the economy."

This would be the third deficit for Graham's Liberal government.

THE CANADIAN PRESS

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Uruguay's new president takes a break after election win

Uruguay's president-elect Jose Mujica retreated to his flower farm and shunned the spotlight yesterday, saying that dumping more talk on Uruguayans after a speech-filled campaign "would be like raining on what is already wet." THE ASSOCIATED PRESS

World

Saddam Channel vows to return

A mysterious TV channel praising Saddam Hussein has dropped off the airwaves just three days after it first began broadcasting. The chairman of the so-called Saddam Channel told The Associated Press it will return by the weekend, after a technology upgrade to make the broadcast stronger. The website of a political coalition led by Prime Minister Nouri al-Maliki jeered what it called the end of the satellite TV channel. THE ASSOCIATED PRESS

Obama wants Afghan surge

U.S. president set to outline plan for war in Afghanistan

Barack Obama has begun one of the toughest sales jobs of his presidency, launching the much-awaited rollout of his new Afghan war strategy by informing top U.S. military and civilian advisers in Washington and Kabul and telephoning key allies around the globe.

Obama is outlining his decision to an increasingly skeptical U.S. public tonight in a nationally broadcast television address from the U.S. Military Academy. The strategy will include deploying thousands more American forces to Afghanistan, clarifying why the U.S. is fighting the war and laying out a path toward disengagement.

In his speech, Obama was expected to announce an increase of up to 35,000 more U.S. forces to defeat the Taliban-led insurgency and stabilize a weak Afghan government. The escalation, which would take place over the next year, would put more than 100,000 American troops in Afghanistan at an annual cost of about $75 billion.

Obama is also expected to outline an exit strategy for the war.

He first told Secretary of State Hillary Rodham Clinton his decision by phone on Sunday, and then informed other key administration advisers such as Defence Secretary Robert Gates in an Oval Office meeting.

It was at that time, said spokesman Robert Gibbs, that Obama's order for the military to go ahead with the new deployments became official.

THE ASSOCIATED PRESS

Partnership with Pakistan

- Another facet of Obama's plan appears to be an expanded partnership with Pakistan as part of U.S. pressure on that country's shaky government to do more to root out extremists based along Pakistan's borders with Afghanistan.

HASSAN AMMAR/THE ASSOCIATED PRESS

American Muslim pilgrim Kameelah Wilkerson throws pebbles at a wall representing the devil near Mecca, Saudi Arabia, on Sunday.

Muslim women push for a voice

HAJJ One of the main rites at Islam's annual hajj centres on the bravery and determination of a woman.

Yet at the most ancient and sacred rituals of Islam, modern-minded women are trying to work out their place in their faith, even as they draw inspiration from it. They say the hajj gives them the strength to push for a greater voice for women in their religion.

THE ASSOCIATED PRESS

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Hadron Collider tops world record

SMASH The world's largest atom smasher broke the world record for proton acceleration yesterday, firing particle beams with 20 per cent more power than the American lab that previously held the record.

The power of the Large Hadron Collider's proton beams is essential to the project's ultimate goal: smashing particles into each other with enough force to shatter them into the smallest building blocks of matter.

THE ASSOCIATED PRESS

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ScanLife

Video showing Romania's president allegedly punching a child has dominated that country's national election campaign. Scan this barcode for the full story.

Manhunt on for suspect in U.S. cop shooting

WASHINGTON A special tactics police team stormed a house yesterday where they thought they had cornered for hours a man suspected of killing four police officers at a coffee shop, only to find that he wasn't there.

The discovery added new urgency to the manhunt for Maurice Clemmons as police canvassed the neighbourhood with search dogs and hundreds of officers were deployed around Seattle for any sign of the suspect. Authorities put up a $125,000 reward for information leading to his arrest.

Police had been positioned overnight at a Seattle home where they thought Clemmons was holed up and spent hours trying to communicate with him, using loudspeakers, explosions and even a robot sent into the house. But when the SWAT team went inside, he was nowhere to be found.

Pierce County sheriff's spokesman Ed Troyer said the location of Clemmons was not known, and it's possible he still could be in the neighbourhood. Troyer also said people who know Clemmons told investigators he had been shot in the torso in his bloody struggle with the officers.

"If he didn't get a ride out of there, he could still be in the area," Troyer said.

Seattle police spokesman Jeff Kappel said there was evidence Clemmons at one point was on the property, but officers could not determine whether he was in the house itself. Kappel would not describe what the evidence was, but said it was a "good tip" that led them to the home.

Meanwhile, University of Washington officials alerted students by email and text messages to an unconfirmed report that Clemmons might have gotten off a bus on or near the campus about five kilometres north of the residence, university police Cmdr. Jerome Solomon said. Police were checking the area, he said.

Troyer said warrants for first-degree murder have been issued against Clemmons in the killings of the officers from the Tacoma suburb of Lakewood who were gunned down in a coffee shop on Sunday morning at the start of their shifts.

Clemmons has a long criminal history, including a long prison sentence commuted by former Arkansas Gov. Mike Huckabee nearly a decade ago, and a recent arrest for allegedly assaulting a police officer in Washington state.

Authorities allege he killed Sgt. Mark Renninger, 39, and officers Ronald Owens, 37, Tina Griswold, 40, and Greg Richards, 42, as they worked on their laptop computers at the beginning of their shifts.

THE ASSOCIATED PRESS

KEVIN P. CASEY/THE ASSOCIATED PRESS

Seattle SWAT search for the suspect in Sunday's killing of four police officers in Parkland, Wash., yesterday.

Iran captures five British sailors
Iran is holding five British sailors after stopping their racing yacht in the Persian Gulf, the British government said yesterday. The yacht, owned by Sail Bahrain, was stopped on its way from the tiny island country to the Gulf city of Dubai last Wednesday when it "may have strayed inadvertently into Iranian waters," Britain's Foreign Office said. THE ASSOCIATED PRESS

Trial of alleged Nazi guard underway

89-year-old being tried as accessory to murder of 27,900 Jews at death camp

A German court put John Demjanjuk on trial yesterday to face charges of being an accessory to the murder of 27,900 Jews at a Nazi death camp, and his lawyer immediately accused the court of bias.

The 89-year-old retired Ohio autoworker arrived at the opening of the trial in a wheelchair to face the final chapter of some 30 years of efforts to prosecute him, wearing a navy baseball cap and covered in a light blue blanket.

After the first 90-minute session, Demjanjuk was returned to the courtroom lying flat on his back on a gurney, covered in blankets.

Doctors who had examined Demjanjuk before the second session began said he had complained of serious pain and was given a shot. They ordered the session be cut short, and it wrapped up 30 minutes later.

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

John Demjanjuk arrives at court yesterday for his trial in Munich, Germany. Demjanjuk is on trial on charges of being an accessory to the murder of 27,900 Jews at a Nazi death camp.

Demjanjuk's attorney had opened the proceedings by filing a motion against the court's judge and prosecutors, accusing them of treating the Ukrainian-born Demjanjuk harsher than Germans who ran the Nazi's Sobibor death camp in occupied Poland.

Lawyer Ulrich Busch charged that the case should never have been brought to trial. He cited cases in which Germans assigned to Sobibor — where prosecutors allege Demjanjuk served as a guard — were acquitted.

"How can you say that those who gave the orders were innocent ... and the one who received the orders is guilty?" Busch told the court. "There is a moral and legal double standard being applied today."

"How can you say that those who gave the orders were innocent ... and the one who received the orders is guilty?"
Ulrich Busch, lawyer

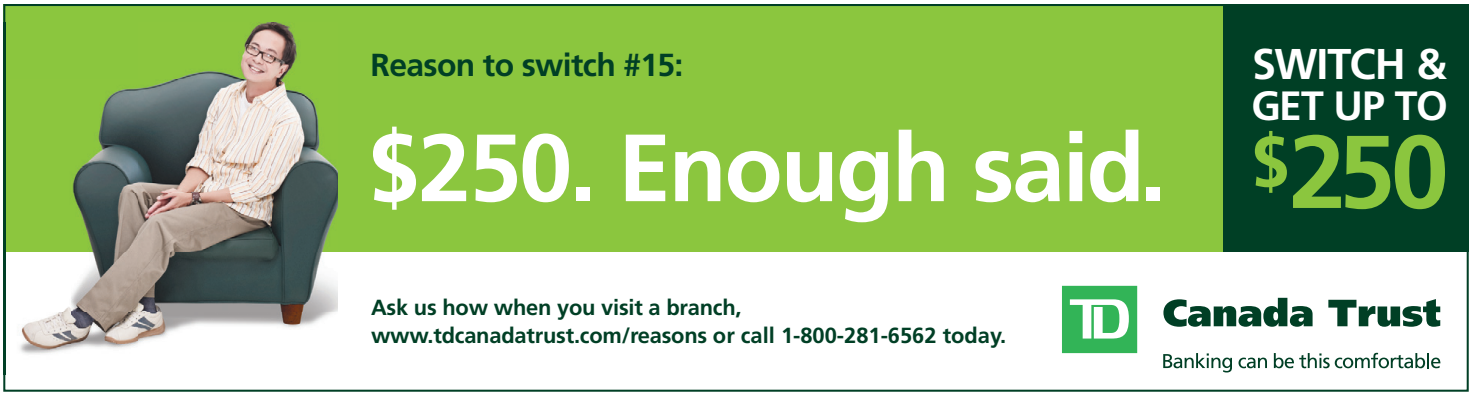
Demjanjuk was deported in May from the United States to Germany, and has been in custody since then. He could face up to 15 years in prison if convicted.

A doctor who examined Demjanjuk two hours before the trial began said his vital signs were all stable.

Demjanjuk's family, however, says he is terminally ill. His trial has been limited to two 90-minute sessions per day.

Demjanjuk kept his eyes closed throughout the proceedings and remained mute in response to the judge's questions about his personal details. He repeatedly opened his mouth, apparently wincing in pain.

THE ASSOCIATED PRESS



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Iran says UN criticism prompted retaliation

NUKES Iran's nuclear chief yesterday said UN criticism pushed his country to retaliate by announcing ambitious plans for more uranium enrichment. With tensions rising over deadlocked negotiations, France said diplomacy was not working and sanctions against Iran were needed.

Vice-President Ali Akbar Salehi told state radio that Iran's decision to build 10 new uranium enrichment facilities was necessary to respond to the International Atomic Energy Agency's resolution Friday demanding that Iran halt all enrichment activities.

The bold announcement appears to be largely bluster: Any new plants would take years to build and stock with centrifuges, if Iran can even afford it or obtain the materials while under UN sanctions. But the ambitious plans demonstrates Tehran's anger over the IAEA rebuke and its refusal to back down in the standoff despite sanctions threats.

"Iran is playing an extremely dangerous game."
Bernard Kouchner, French foreign minister

In Paris, French Foreign Minister Bernard Kouchner called Iran's decision on the new nuclear sites "a bit childish."

"Iran is playing an extremely dangerous game," Kouchner said on France's RTL radio yesterday. "There's no coherence in all this, other than a gut reaction." THE ASSOCIATED PRESS

New South African regime aims to battle AIDS

HEALTH South Africa has more people infected with the AIDS virus than any other country, but it also has a new government determined to end the crisis, the head of the UN AIDS program said yesterday.

"If I am not in South Africa for World AIDS Day, I don't know where I should be," UNAIDS executive director Michel Sidibe told The Associated Press on the eve of the day when the world takes stock of efforts to fight the epidemic and remembers those who have died.

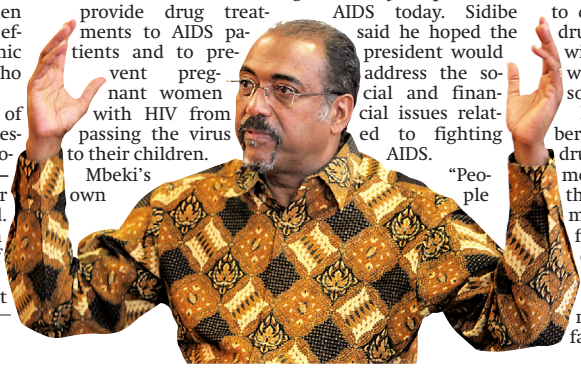
South Africa, a nation of about 50 million, has an estimated 5.7 million people infected with HIV — more than any other country in the world. Nearly 1,000 South Africans die every day of AIDS-related diseases.

Former president Thabo Mbeki questioned the link between HIV and AIDS, and his health minister distrusted drugs developed to keep AIDS patients alive, instead promoting beets and garlic as AIDS treatments.

A Harvard study has concluded that more than 300,000 premature deaths in South Africa could have been prevented had officials here acted sooner to provide drug treatments to AIDS patients and to prevent pregnant women with HIV from passing the virus to their children.

Mbeki's own party forced him to step down late last year after almost a decade as president, and President Jacob Zuma took over following April elections. Zuma and his health minister have said Mbeki's AIDS policies were wrong and set a target to get 80 per cent of those who need AIDS drugs on them by 2011.

Zuma is scheduled to give a major speech on AIDS today. Sidibe said he hoped the president would address the social and financial issues related to fighting AIDS.



Michel Sidibe, UNAIDS executive director

"People who are privileged, who have resources ... they are fortunate. They will not die, probably, from HIV," Sidibe said. "But you have millions of other people ... who are not having access to health systems and services."

Zuma "is committed to making change happen," Sidibe said. He credited the country's health department with moving quickly to distribute more AIDS drugs and for working with the UN to improve ways of using scarce resources.

Increasing the number of people on AIDS drugs will require more money at a time when the global recession has many worried funding for health will decrease. Sidibe pleaded with donors: "Please, make your adjustments with a human face."

THE ASSOCIATED PRESS

Pinochet money laundering under investigation

A Spanish judge wants the widow of Augusto Pinochet, his former lawyer and two bankers to post a $51 million bond while he investigates allegations they laundered money for the late Chilean ruler while he was in power. THE ASSOCIATED PRESS

Prisoner exchange stalls

Senior Hamas officials said yesterday they are sparring with Israel over the names of 50 prisoners they want released in exchange for a captive Israeli soldier.

Last week, Israeli and Hamas officials spoke of progress, raising speculation that an agreement could be wrapped up within days. Hamas is demanding some 1,000 prisoners in exchange for an Israeli soldier it has held for more than three years.

But Hamas officials said Israel is still balking at including prominent political leaders and top Hamas militants it holds. At the top of the contested list is Marwan Barghouti, a popular leader of Hamas' rival Fatah, who is serving five consecutive life terms for his role in shooting attacks that killed four Israelis and a Greek monk.

Barghouti is seen as a possible successor to Palestinian President Mahmoud Abbas, and Israel is wary of freeing him.

In addition, Hamas will not resume peace negotiations until Israel halts settlement construction in the West Bank.

THE ASSOCIATED PRESS

TARA TODRAS-WHITEHILL/ASSOCIATED PRESS

A Palestinian boy stands in front of a banner of portraits of prisoners during demonstrations in Gaza City yesterday.

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EU watchdog hints minarets ban could go

A Swiss ban on minarets — the towers used to put out the Islamic call to prayer — could violate fundamental liberties, Europe's top human-rights watchdog said yesterday in an indication that the heavily criticized vote could be overturned.

The Swiss justice minister also said the European Court of Human Rights could strike down the Sunday vote, which incurred swift condemnation at home and abroad for banning minarets.

The 47-nation Council of Europe said that banning "new minarets in Switzerland raises concerns as to whether fundamental rights of individuals, protected by international treaties, should be subject to popular votes."

Switzerland presides over the council, which is associated with the European Court of Human Rights, which rules on breaches of the European Convention on Human Rights.

Justice Minister Eveline Widmer-Schlumpf said the ban would come into force immediately, but indicated that it could be overturned. The ban doesn't affect the country's four existing minarets.

THE ASSOCIATED PRESS

Revolutionary hero's son held

HAVANA The ailing son of one of Cuba's revolutionary heroes has been detained after protesting that authorities won't let him leave the country for treatment.

Juan Almeida Garcia, whose father fought alongside Fidel Castro during Cuba's 1959 revolution and rose to the level of vice-president before his death this year, was taken into custody Friday while on his way to a protest in central Havana.

Many relatives of leaders are denied permission to leave Cuba for fear they won't return.

THE ASSOCIATED PRESS

Three boys arrested for bullying red-haired students

Three boys targeted redheads after a Facebook message promoted "Kick a Ginger Day" at a Southern California school. THE ASSOCIATED PRESS

U.S. backs victory

Honduras elects new president after coup

Honduras' president-elect is not worried that many countries do not recognize his election. Washington supports Porfirio Lobo, and that's what matters most to this Central American nation.

RODGRIGO ABD/THE ASSOCIATED PRESS

President-elect Porfirio Lobo greets supporters yesterday in Tegucigalpa, Honduras.

Lobo, 61, lit up in public appearances yesterday with his trademark toothy grin as he assured Hondurans that the crisis over the June 28 coup that overthrew leftist-allied President Manuel Zelaya would soon be history.

That is what coup supporters have hoped all along, and why they resisted reinstating Zelaya before Sunday's vote despite intense international pressure.

Leaders in many Latin American countries, particularly those on the left, are standing firm in refusing to recognize the election, saying it sets a dangerous precedent for a region that has been vulnerable to coups.

But those nations are unlikely to influence Honduras, a very poor country that sends the bulk of its exports to the United States and relies heavily on money sent home from the 1 million Hondurans who live in the U.S.

Washington's position also is likely to influence other countries, and some have already followed its lead in accepting the vote, including Colombia, Panama, Guatemala, Costa Rica and Peru.

THE ASSOCIATED PRESS

Man caught stealing Salvation Army donations

MAUMEE, OHIO Police have arrested a man they say swiped a Salvation Army holiday fundraising kettle full of donated money. Shawn Krieger, 44, was charged yesterday with robbery and held on $25,000 bond. THE ASSOCIATED PRESS

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Death toll drops in Iraq in November

Fewer than 90 civilians were killed in violence in November in one of the lowest monthly death tolls in Iraq since the U.S.-led invasion in 2003, officials said yesterday. More than 300 had been killed in October. THE ASSOCIATED PRESS

Russian police hunt for train bomber

Police in Russia released a composite sketch yesterday of a man thought to be involved in a train bombing that killed 26 people, and a railway official suggested the attack had the hallmarks of terrorists from the volatile North Caucasus.

Authorities said that Friday night's derailment of a train from Moscow to St. Petersburg was caused by a bomb planted on the tracks. The blast gouged out a 1.5-metre crater and sent the final three carriages of the 14-car Nevsky Express hurtling off the rails. A second explosive device partially detonated at the crash site Saturday as railway workers were clearing debris.

Terrorism has been a major concern in Russia since the 1991 collapse of the Soviet Union, as Chechen rebels have clashed with government forces and Islamist separatists continue to target law enforcement officials.

An official of the state-run railroad company suggested militants from North Caucasus were likely behind the attack, citing the second explosion as a hallmark of the insurgents.

Many police in North Caucasus have been killed in blasts that have ripped through the site of an initial explosion they had arrived to investigate.

The Moscow-St.Petersburg train line is popular with Russian business executives and government officials.

THE ASSOCIATED PRESS

News in brief

AUCTION A motorized bar stool that got a man arrested for drunk driving in March goes up for auction this week on eBay. Kile Wygle, 29, pleaded guilty to driving under the influence after he crashed the contraption in Newark, Ohio. He spent three days in jail. A judge ruled that any profit from the sale of the stool should go toward back child support. THE ASSOCIATED PRESS

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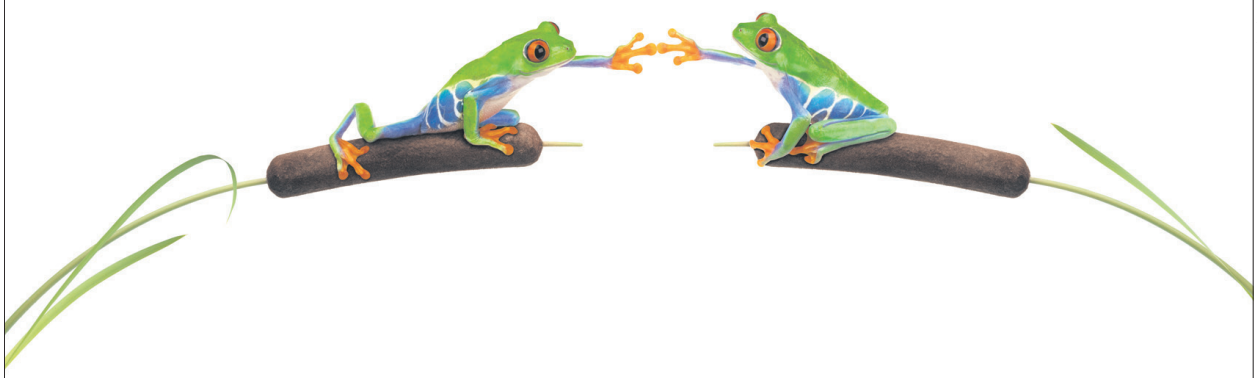

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Comment

Playing the demagogic patriot game

One of the leading rules of politics is to keep it simple. Reduce complex issues down to elementary terms that all earthlings, no matter what their degree of cranial endowment, can understand.

American Republicans have been especially good at this tactic. Most notably on the subject of the military they have often played the patriot card effectively. Ronald Reagan made a career out of it.

This may help explain why the Harper Conservatives have been going that route on the Afghan detainee file. Their pitch? If you believe diplomat Richard Colvin on detainee torture, you're either a Taliban supporter or guilty of not supporting our troops.

This line of reasoning, they must know, is intellectually infantile. The Tories have no monopoly on patriotism. Opposition MPs are vocal supporters of the military.

In any case, no one is above criticism, not even people in uniform. That kind of immunity is fine for dictatorships, not for this country. Military men and women are human, make mistakes like everybody else and should be subject to questions like everyone else.

But this didn't stop Stephen Harper from telling naval officers in Port of Spain on Sunday that some in the political arena have been "throwing the most serious of allegations at our men and women in uniform based on the most flimsy of evidence." Despite these ingrates, he said, Canadians "are proud of you and stand behind you and I am proud of you and I stand behind you."

Liberal Leader Michael Ignatieff was quick, as he should have been, to hit back, saying the innuendo suggesting Liberals were not behind the forces was beneath the office of the prime minister.

What the Tories are doing with their militarization of the country, said Keith Martin, the Liberal MP who used to sit with the Alliance Party, is build the military men into heroes and then demolish anyone who dares breathe an unfavourable word.

On the detainees' question we don't know which side is correct. The Conservatives are hunkering down. They are not releasing results of Canadian military police investigations in Afghanistan. They've stonewalled the Canadian Military Police Complaints Commission on the issue. They declare important correspondence off limits because of national security.

This gives the impression they have something to hide on this file. It may well be the reason why they are playing their demagogic patriot game. It's the best card they've got.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Why gold might not pan out in long term

Gold frenzies are great for journalists because they provide lots of colour, and I'm not just talking about bullion's natural lustre.

In 1980, when gold was heading for $850 US an ounce, small investors panicked at the thought of rampant inflation following the second OPEC oil price shock. Like today's flu shot seekers, they formed long lines to buy one-ounce gold wafers as a financial immunization against future uncertainty.

This time around, the fear is playing out differently. Investors small and large are buying gold all right — they've driven its value up more than 30 per cent this year to slightly less than $1,200 US an ounce.

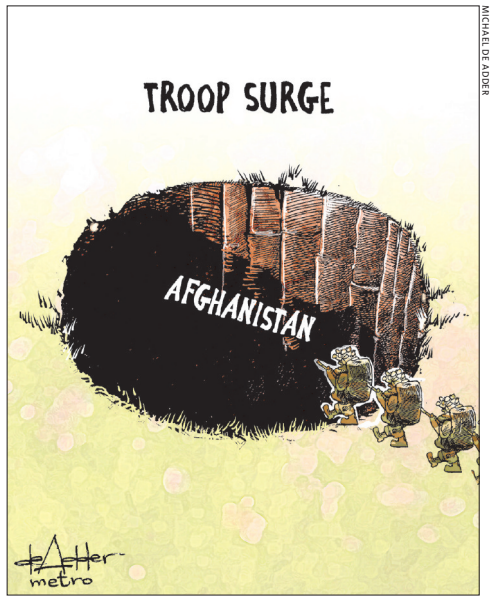
Gold may have limited practical uses, but it's been a preferred refuge of value for close to six millennia. And these days, it has a lot going for it, starting with the worldwide uncertainty based on the faltering U.S. economy and dollar. Fears about the potential for inflation resulting from fiscal stimulus and government bailouts drive people to buy gold. Investment funds are reportedly heavily into the action.

The fact that central banks in places like India are adding to bullion reserves puts upward pressure on the price.

But enthusiasts who aren't hard-core gold bugs should remember that the price of this most precious of metals won't always outperform other investments, chiefly stocks. Historically, these two asset classes seem to alternate as investor favourites, with stocks rising when gold is in relative decline and vice versa.

For verification, check the record of the Dow/Gold Ratio — the ratio of the Dow Jones Industrial Average index divided by the price of an ounce of gold. In the short and sometimes medium term, you might be better off investing in one rather than the other. Yet sensible investors will make a habit of diversifying, making gold or gold equivalents part of a balanced portfolio that, over the course of a lifetime, will provide solid growth and sound slumber.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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Chemical producer profits rise
McVicar Industries Inc. third-quarter profits rose nearly 15 per cent even as revenues remained unchanged, the chemicals producer said yesterday. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Third-quarter gains made

Growth still below B of C's predictions

Canada's economy inched ahead in the third quarter, meekly heralding an end to the recession and the start of what is predicted to be slow and laborious recovery.

Statistics Canada reported yesterday that real gross domestic product, an inflation-adjusted measure of the economic growth, expanded at an annualized rate of 0.4 per cent in the third quarter. That was below the Bank of Canada's two per cent growth prediction for the quarter, and economist's expectations for an annualized growth rate of 0.6 per cent, according to CIBC World Markets.

The first overall economic growth in a year marks an end to the recession, which is defined as at least two back-to-back quarters of contraction. By comparison, the American economy registered growth of 2.8 per cent.

THE CANADIAN PRESS

Demand

- Statistics Canada said final domestic demand advanced 1.2 per cent during the quarter as capital investment and personal spending both increased.

Warsaw Growing

CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Polish Prime Minister Donald Tusk delivers a speech yesterday in Warsaw, announcing that Poland's economy grew by 0.5 per cent in the third quarter compared with the previous three months.

Business in brief

INVESTMENTS Concerns about the fallout from the debt crisis in Dubai limited gains on the Toronto stock market yesterday but investors were relieved to see the Canadian economy put in a positive quarter of growth. The S&P/TSX composite index climbed 50.6 points to 11,515 after losing one per cent last week in the wake of an announcement from Dubai's investment arm, Dubai World, that it wants at least a six-month reprieve from paying some of its roughly $60-billion US debt. THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

On the web

Money Matters: Henry Choo Chong talks about the advantages of donating shares to charity. Visit metronews.ca/moneymatters to read his column.

Bargains down south?

After eyeing my daughter's Mac with envy for the past year, I decided to buy one of Mr. Job's fun machines. But once I crunched the numbers it cost me $82 less to buy it here than in the U.S.

Still, countless Canadians stampeded south this past weekend as U.S. retailers hacked at prices like gladiators determined to be the last man standing. Bargains do abound for canny shoppers but you have to know your prices, do some research and be disciplined.

For example, on Black Friday last week, Best Buy in the States was offering a door buster price of $999 US on a Samsung 46" LCD HDTV. Nice. In Canada the best price I could find was $1,399 US — $1,581 Cdn after taxes.

Let's assume you were tempted by the siren call of deep discounts in the States and bought that TV. The landed-in-Canada price ends up at $1,342 Cdn including GST, exchange, gas, tolls and lunch. (There's no duty on this TV but you'd pay three per cent to five per cent if it had been a plasma model.) That's a savings of $239, give or take. Not bad. But the price assumes you got the door crasher special which was limited to lucky ticket holders.

Alison's Money Rule:

- Cross border shopping can yield significant savings at this time of year but you'll only harvest the bargains if you are disciplined and do your homework.

Many cross-border shoppers fall victim to impulse. "I drove all this way so I can't go back home with just a pair of socks!"

Impulse is deadly if you don't know your tariffs. Clothing made outside the US is subject to as much as 20 per cent duty. Ouch! Downhill ski boots can come home duty free but cross country ski boots could set you back 18 per cent depending on where they were made.

Check with customs at 1-800-461-9999 for tariff rates and don't forget that you pay GST on all goods after duty has been applied and it is based on the value of the item in Canadian dollars.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

AlisonOnMoney
Alison Griffiths
metronews.ca/alisononmoney

Investing
Allan Small

Allan Small discusses the Dubai situation and how to look at weakness in the market as a buying opportunity. Visit metronews.ca/investing to read his column.

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INFORMATION FEATURE

‘It all starts with you’

RAFAEL BRUSILOW
for Metro Canada

A sculptor would never enter the workshop without the right tools, and neither should a determined online investor hoping to sculpt a financial future.

For people who want to take personal command of their investments, direct investing online can be both more challenging and more rewarding than traditional investing; RBC Direct Investing provides an unparalleled collection of tools to help you succeed.

One of the most crucial features of any powerful portfolio is the right mix of different asset types to ensure a healthy, diverse portfolio.

Jason Storsley, president and CEO of RBC Direct Investing, says the fundamental starting point for any investor is to figure out what type of asset mix is right for him or her.

“You don’t want to put all your eggs in one basket, so understanding what your asset mix should be is the starting point for any level of investor,” he said.

RBC’s asset mix calculator, available to RBC direct investors, takes the guesswork out of building an asset mix by taking into account each investor’s individual needs and suggesting a specific investment profile tailored to that investor. It all begins with gauging for yourself what your needs and limits are, to understand what kind of investor you will be.

“If you’re building a healthy portfolio that’s going to help you meet your investment objectives, it all starts with you — you have to understand something about yourself and your level of risk tolerance,” Storsley said.

Aggressive investors will likely keep less of their money in cash and bonds and more in equities, while passive investors will probably go the opposite route, for instance. No matter what your profile, however, RBC’s asset mix calculator will make expert-vetted suggestions to guide you on the right path for your needs.

Once you’ve chosen an asset mix, building your portfolio can feel like a daunting next step. With thousands of mutual funds in the market, you’ll need some expert advice to figure out which options work best for you — that’s where RBC’s model portfolios prove an invaluable resource.

RBC model portfolios are pre-selected by RBC experts and investment advisers to already provide a fully diversified, packaged portfolio for a variety of investment and investor types. Each portfolio includes a potential mix of stocks, mutual funds, bonds, equities and other elements carefully suited to a specific investment goal, taking the confusion out of trying to build a solid portfolio.

Each model portfolio is fully customizable as well so you can swap out any elements you like with your own well-researched choices if you wish — you’re not tied down to any specific part of a model portfolio and you remain in full control of any and all parts of your investment process.

“You can take our recommendation in full or in part — we won’t tell you what to do but we will put options in front of you,” Storsley said.

The RBC Direct Investing site includes a wealth of investment research pulled from top investment advice houses like Standard & Poor’s, Morningstar and RBC Capital Markets, making it easy to keep up with market changes and top investment strategies.

For more hands-off investors, RBC Direct Investing offers the option of setting up email alerts to notify you when things happen in the market. Perhaps you want to know when a particular stock drops to a certain price. You can also keep multiple watch lists for stocks with up to 30 stocks per list so you can be informed in a single click about what the segment of the market you’re interested in looks like.

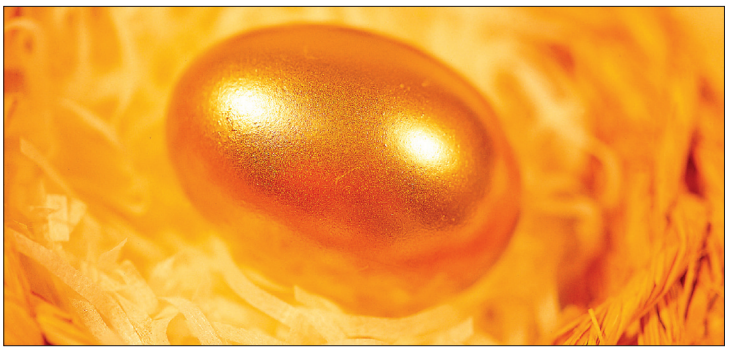
“You don’t have to sign into the site every day as you can set it up to get an email when a specific event occurs. We have a lot of clients saying they don’t want to have to monitor things constantly and we try to make it as easy as possible for you to monitor your investments,” Storsley said.

With RBC Direct Investing, it’s all about taking the micro-management out of online investing by providing the tools to make successful investing possible.

“You don’t have to micro-manage your decisions to be successful because regardless of your investment knowledge, we’ve got the right tools for you,” Storsley said.

On the web

- For more on RBC Direct Investing, log on to rbcdirectinvesting.com.



Don’t put all of your investing eggs in one basket, experts at RBC advise.

“You don’t want to put all your eggs in one basket, so understanding what your asset mix should be is the starting point for any level of investor.” Jason Storsley

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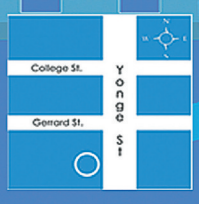

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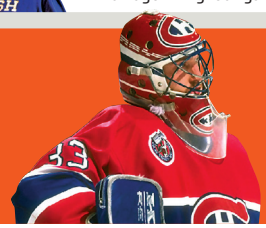
Notre Dame sacks coach

Notre Dame fired football coach Charlie Weis, left, yesterday after a string of disappointing seasons that was capped by an agonizing four-game losing streak. Notre Dame will be looking for its fifth coach this decade. THE ASSOCIATED PRESS

Sports



Are Habs Canada's team?

Canada's oldest hockey team is also this country's most revered, according to a new poll released yesterday in celebration of the Montreal Canadiens' 100th anniversary. One-third of respondents named the Habs when asked to identify "Canada's team," compared with one-quarter, who said the same for their archrival Toronto Maple Leafs. THE CANADIAN PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Miller shuts out Leafs

NHL

Sabres 3 Leafs 0

AT

Ryan Miller put on a pretty impressive show for the man in charge of assembling the U.S. Olympic team.

The Buffalo Sabres goaltender stopped all 38 shots he faced last night during a 3-0 victory over Brian Burke's Toronto Maple Leafs.

Miller has arguably been the top goaltender in the NHL this season and is a front-runner to earn the starting job for the Americans in Vancouver. This was one time Burke and Leafs coach Ron Wilson, also the U.S. Olympic coach, didn't need him to further his case.

It was Miller's third shutout of the season.

Tim Kennedy, Henrik Tallinder and Jochen Hecht scored for Buffalo (15-7-2). Toronto was shut out for the first time all season. The Leafs' record fell to 6-12-7. THE CANADIAN PRESS

STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto Maple Leafs goalie Jonas Gustavsson makes a blocker stop on a shot last night that Buffalo Sabre Mike Grier fails to tip in at the Air Canada Centre. The Sabres won 3-0.

Sports in brief

NHL Washington Capitals star Alex Ovechkin left last night's game at Carolina in the opening period with an apparent right knee injury. A spokesman for the Capitals said Ovechkin's injury would be evaluated overnight and any further information from the team would come today.

TENNIS Serena Williams was fined a record $82,500 US for her U.S. Open tirade and could be suspended from that tournament if she has another "major offence" at any Grand Slam in the next two years.

BASEBALL Indians centre-fielder Grady Sizemore has contacted investigators from Major League Baseball to stop publication of steamy photographs that he says were stolen from his girlfriend's email account and then posted online.

NBA Allen Iverson and the Philadelphia 76ers have met to discuss a possible return to the team. Team president Ed Stefanski said in a statement that both parties remain noncommittal about a final decision after a nearly two-hour meeting yesterday in Dallas.

NFL Arizona quarterback Kurt Warner says he plans to see an opthamologist about lingering post-concussion symptoms that kept him out of Sunday's 20-17 loss at Tennessee. Warner said he's having hard-to-describe issues with his eyes.

SOCCER Ireland has asked FIFA to be allowed into the World Cup as a 33rd team after Thierry Henry's handball helped France eliminate the Irish in a playoff. THE ASSOCIATED PRESS

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Vancouver one-way $179
Travel Jan 16/ac + taxes & fees $65

Aruba $199
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Departs Dec 7/nol/c6.

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Royal Decameron + taxes & fees $220
Departs Dec 7/nol/ts.

Santa Lucia 7 Nights 4-Star $547
Oasis Brisas Santa Lucia (Cameleon Select) + taxes & fees $205
Departs Jan 7/nol/c6.

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Holiday Inn Maingate + taxes & fees $238
BONUS car rental included. Departs Dec 31/swg/wg. UPGRADE to 4-star Radisson for $8 per night.

Boston Air + 3 Nights 4-Star $499
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CRUISE roundtrip Fort Lauderdale and visit St Maarten, St Thomas, San Juan, & Labadee. Sails Dec 12/rcl.

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Panthers goalie hurt
Florida Panthers goaltender Tomas Vokoun was taken off the ice on a stretcher last night after he was hit in the head by a stick. THE ASSOCIATED PRESS

Raps coach considers 'tweaking' game plan

Change is good, the Raptors have decided.

Now all they have to do is figure out how significant or noticeable it should be.

With his team failing to consistently implement the defensive system it has been working on since training camp, coach Jay Triano agrees it might be time for some "tweaking" of basic principles employed by the majority of NBA teams.

Whether that means more switching, more double-teams, more zone or more stuff unrecognizable to the casual observer is still open for discussion.

"Do we think about tweaking things a little bit? Yes," Triano said after the 7-11 team worked out at the Air Canada Centre yesterday. "But at the same time, we were committed to this from training camp and we want to give it a chance. If we need to tweak it at some point, that's what we'll do.

TARA WALTON/TORSTAR NEWS SERVICE

A dejected Toronto Raptors bench looks on as time runs out on Sunday's 113-94 loss to the Phoenix Suns.

"We've got guys that are maybe not good individual defenders or (who) struggle guarding certain things and we have to provide help and assistance for them and I think that's up to me to find out how to best utilize these guys at both ends of the floor." TORSTAR NEWS SERVICE

Sanchez expected to play against Bills Thursday

New York Jets rookie quarterback Mark Sanchez was limited during the team's light practice yesterday with a sore left knee, but should play against the Buffalo Bills in Toronto Thursday.

Coach Rex Ryan said Sanchez had some soreness in the knee after he tweaked it in the Jets' 17-6 win over Carolina Sunday. Sanchez downplayed it, saying he woke up yesterday and the knee was fine, showing no concern that it might hamper him.

"It felt really good," Sanchez said. "The training staff looked at it this morning, stretched me out and we went through the walk through, pretty seamless. It feels fine. We'll see how it goes as the week goes on and make sure we take it slow and be smart about it."

Ryan said he thought Sanchez would be able to play against the Bills without any major limitations, despite the quick turnaround in the schedule.

THE ASSOCIATED PRESS

SCOREBOARD

NHL

OVERALL STANDINGS

EASTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
d-Pittsburgh	28	19	9	0	92	77	38
d-Washington	26	15	5	6	91	76	36
d-Boston	26	13	8	5	64	64	31
New Jersey	24	17	6	1	69	51	35
Pittsburgh	26	17	9	0	79	72	34
Buffalo	24	15	7	2	66	55	32
Atlanta	24	14	7	3	84	68	31
Ottawa	24	13	7	4	72	70	30
Tampa Bay	24	10	6	8	67	72	28
Philadelphia	24	13	10	1	77	65	27
N.Y. Rangers	27	13	13	1	81	84	27
N.Y. Islanders	27	10	10	7	72	84	27
Montreal	26	12	12	2	66	76	26
Florida	26	10	12	4	71	87	24
TORONTO	**25**	**6**	**12**	**7**	**67**	**92**	**19**
Carolina	26	5	15	5	60	97	15

WESTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
d-San Jose	28	18	6	4	96	75	40
d-Chicago	25	16	6	3	78	56	35
d-Calgary	25	16	6	3	78	66	35
Colorado	27	14	8	5	82	83	33
Los Angeles	27	15	10	2	79	81	32
Nashville	25	15	9	1	62	64	31
Dallas	26	12	7	7	79	77	31
Phoenix	27	15	11	1	68	65	31
Columbus	25	12	9	4	76	90	28
Detroit	25	12	9	4	72	72	28
Vancouver	26	14	12	0	80	68	28
St. Louis	24	10	9	5	60	62	25
Anaheim	25	10	11	4	71	80	24
Edmonton	27	10	13	4	80	90	24
Minnesota	25	10	12	3	63	75	23

d - division leaders ranked 1-2-3 regardless of points

YESTERDAY'S RESULTS

Buffalo 3 TORONTO 1
Pittsburgh 5 N.Y. Rangers 2
Atlanta 4 Florida 3
Washington at Carolina N
St. Louis at Columbus N
Colorado at Tampa Bay N
Dallas at Detroit N
Calgary at Nashville N

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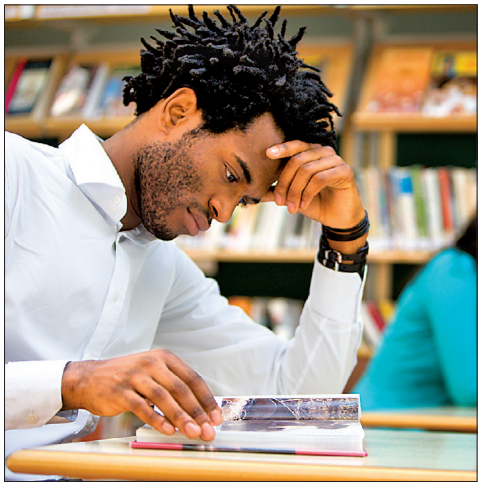
Go back to basics when studying



Divide each day into three study periods to make the most of it.

LEYLA EMORY
for Metro Canada

When studying for exams, it's not a bad idea to refer back to the old lesson of 'Who, What, Where, When and Why.'

Start with the 'what:' "Students should be as informed about the exam they are about to write as possible," says Dr. Nellie Perret, learning skills counsellor/educator at the University of Toronto's Academic Success Centre. "Find out whether it's a multiple-choice, short answer, essay or problem-solving exam; ask how many questions there will be and how much they'll be worth; use old exams as 'maps' to tell what the professor expects at the end of term."

When to study is also key: "It's important for students to know their own best — and worst — times for studying. If they're always studying Calculus, for example, late at night when they're too tired to really understand the concepts, then the odds are pretty good that they're not going to do well on their Calculus final."

She recommends dividing each day during exam time into three study periods: Morning, afternoon and night, and varying subjects day to day within each of those periods.

Where to study is also important.

"Move locations between lunch and dinner. If nothing else, this gives students a break, a chance to walk from one place to another, getting some exercise and fresh air, reminding them to grab something to eat, and allowing their brains to make sense of what they've been studying."

Who you study with is also key.

"I strongly advise students to try to find people to study with. This allows them to exchange information. It will help them identify gaps in their knowledge so they can study more efficiently when they're on their own. Studying with other people, as long as it doesn't turn into a total gripe session, can also be a great way to blow off steam."

And never forget why: "It's really important for students to remember that tests and exams should be a way for them to discover whether they've been learning what the professor thinks is important. This is especially true for midterms: They're an opportunity to evaluate whether or not a student is getting it. If the results of the test are disappointing, a mid-term can serve as a wake-up call, telling them to adjust their learning strategies accordingly."

Perret recommends taking advantage of the school's learning skills centre, many of which offer courses on how to best prepare for exams.

Weather the winter break and avoid holiday stress

JON TATTRIE
for Metro Canada

With grades rolling in, money rolling out and burglars preparing for the annual Christmas break-in, it can be hard for students to maintain a festive cheer over the holidays. Add to that the potential stress of squeezing back into your role as a child when you go home for Christmas and Scrooge starts to seem like a misunderstood man.

Metro has some tips for weathering the winter break.

Blake Prendergast, a student at the University of King's College in Halifax, had no choice but to return home to Oakville, Ont., in his first year. "They close down residences," he explains.

He enjoys catching up with his family, but actually getting there can be an expensive and unpleasant experience. That's nothing compared to returning home and finding an anti-Santa has robbed you.

"Over the Christmas break, there's a lot of break-ins, because nearly every house in the 'student ghetto' is empty," he says.

He's been spared so far, but takes vital things like his laptop and passport with him to be safe. Lock your doors and windows and let your landlord know you'll be away, he says.

"Over the Christmas break, there's a lot of break-ins, because nearly every house in the 'student ghetto' is empty."
Blake Prendergast, King's College student

Heather Rowland, a counsellor at the University of Lethbridge in Alberta, urges students to take a deep breath.

"Right now, there's a lot of pressure, especially for first-year students," she says. "It really starts to play on people's minds because usually you do your finals right before Christmas and then during holidays, you get your marks back."

If students don't make the grade, that can take the merriness out of Christmas.

"Slow things down a bit and put things back into perspective, especially around grades," she says, "especially if it's first year, first semester. It's OK if you don't get an A, it's OK if you don't do really, really well. It's actually quite normal."

Discovering friendships with those left behind have changed and parents expecting their child to be exactly as they were can pile on the stress. "It's OK: It's a transition. Some things might be different, other things might be the same and wonderful. Just be patient with the process," Rowland advises. "Is it OK if you kind of follow (your parents') rules, or is it worth it for you to have a conversation about it?"

Thinking about these things beforehand, and even having a pre-emptive chat with your family, can avoid you telling anyone but the turkey to get stuffed.

It can be hard for students to maintain a festive cheer.

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C.S.I.: Humber focuses on forensics

RAFAEL BRUSILOW
for Metro Toronto

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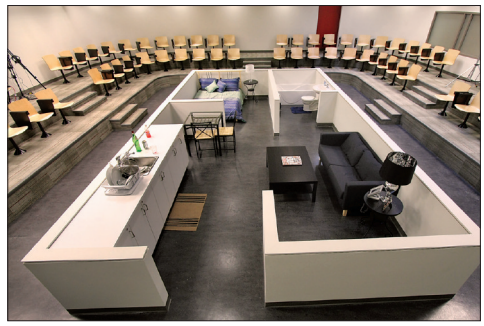

Humber College's Centre for Justice Leadership features a classroom that recreates a one-bedroom apartment as well as a forensics studio and interview labs.

Letting students step into a real-life crime scene and find evidence the real way is exactly what Humber College's new Centre for Justice Leadership was built for. Aptly nicknamed "C.S.I. Humber" by staff, the centres features interview labs, a forensic studio and specially built classroom that fully recreates a one-bedroom apartment.

Meant primarily for students in Humber's police officer programs, the centre lets students get into the action of what a real crime investigation looks and feels like.

The state-of-the-art crime scene simulation studio is any C.S.I. fan's dream: A 65-seat theatre built around a real one-bedroom apartment where students get to practice the finer points of collecting, cataloguing and protecting evidence in a typical environment. Bullet casings might be found behind a couch with telltale fingerprints imprinted on a nearby wall, for example.

Built-in cameras throughout the room let students and instructors zoom into specific pieces of evidence on the scene as small as a human hair and project them onto a large screen for discussion and examination as a class.

Instructors and students can move around furniture and objects however they wish to set up a new crime scene every time, making each investigation unique.

Gina Antonacci, dean of Humber's School of Social and Community Services, says that while the simulation studio is definitely meant to impress, the ultimate goal is to give students a forum in which to not only experience the act of investigating a crime, but to also share their thoughts, techniques and observations with each other.

"It combines the applied nature of gathering evidence with technology that creates a learning space that's exciting. These are things students can really learn from and be able to share with other students," Antonacci said.

Along with the staged apartment, the centre includes a forensic studio where students can learn evidence-gathering techniques, such as extracting fingerprints from a gun, as well as four interview rooms that are rigged for videotaping and streaming into the classroom so that students can practice conducting interviews in real-time and have their performance reviewed right away.

The school is partnered with the Toronto Police and Antonacci says officers have already toured the facility and given it their seal of approval.

The centre opened yesterday; Antonacci hopes it will be the premiere resource of its kind for training students in policing.

"It's about creating a space for advanced learning where students have an opportunity to practice their skills and reflect on what they're doing. It's about preparing students for occupations that actually exist," Antonacci said.

Ryerson program targets geography

ERIC EMIN WOOD
for Metro Toronto

Postsecondary students interested in geography as a career would be well advised to look up Ryerson's Chang School for Continuing Education, which offers two certificates in Geographic Information Systems, or GIS.

The "basic" certificate, applied digital geography and GIS, "gives students the opportunity to use GIS in a variety of different fields, geology for example," says Don Kendal, the Chang school's academic co-ordinator of GIS programs. The advanced certificate in applied digital geography and GIS "is for people who are in the GIS industry and need a much higher level of skill to do their work."

GIS has a wide variety of applications beyond what most people think of as geography. It allows companies "to analyze data based on location and then map the results using fairly sophisticated mapping software," says Kendal. "You can build maps based on aerial photography, analyze the demographic structure of communities within your area of interest ... It's been used in retail marketing for a number of years now."

The technology was first developed in 1962, and has been taught at Ryerson since the 1980s.

The basic certificate includes two introductory courses, plus industry-specific electives such as utilities planning and environmental management, and theory courses including programming and web mapping.

"Our graduates are well versed in a variety of software packages, so that they can go to almost any employer and use the software that that employer's invested in," Kendal says.

Some graduates become GIS analysts, though many fields, including urban planning and zoology, use GIS as part of their regular activities. "Whatever they happen to be doing, if it's got a spatial component they'll be using GIS," Kendal says.

Students interested in the basic certificate must possess a university degree or college diploma, and pass an interview with Kendal. "I want to make sure they understand what GIS is and what they're getting into," he says.

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Struggling? Schools can help

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If you're feeling stressed, try getting help from a learning centre.

Have you ever been so stressed you want to cry? I know many students feel this way at this time of year, but let's aim to make December a tear-free month. Consider month's end as the light at the end of a very stressful first semester tunnel.

Along with the holidays come party planning, mobs of mall shoppers, and family functions, which often equal stress and distractions. Taking on too many social commitments on top of final projects and exams can impact your focus and quality of work.

Often student's boiling points are reached when deadlines collide, and road blocks occur in projects. This can make ideas not flow as well as they usually do and important concepts might be difficult to understand.

If you find yourself struggling, it's important to reach out for support. Schools usually have learning centres that offer one-on-one tutoring, seminars on study tips and skills, and note-taking techniques. English as a Second Language students may also benefit from specific ESL workshops, conversational clubs, and reading groups. Most of the services are free and designed to ensure student success. These centres also have quiet places to study with no distractions.

You can learn valuable time-management skills that can help you co-ordinate your assignment deadlines, giving you enough time to properly tackle tasks, avoiding last-minute pressures and anxieties.

It's important to take advantage of services available on campus; they're there to assist you in succeeding. So stop procrastinating and go take a time-management workshop!

They may not be able to do your holiday shopping or attend your family events, but the staff at learning centres can provide you with the tools, resources, encouragement and direction to help you battle your school-based stress.

Save your tears for a moment of happiness instead. Happy Holidays!

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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Educators grow at Sturt

RAFAEL BRUSILOW
for Metro Toronto

Charles Sturt University's goal is to build and maintain the best primary and early childhood educator programs available.

For discerning education students looking to get ahead in their studies and careers, a little bit of Aussie ingenuity found at Charles Sturt University might be just what they're looking for.

Located in Burlington, Ont., the school is not just the continuation of an outstanding tradition for learning with a strong international reputation, it's the first Australian university campus to have a foothold in North America and it's CSU's first overseas campus.

Offering more than 500 programs to roughly 36,000 students across the world, Charles Sturt University is a publicly funded Australian institution that features Australian and Canadian faculty members as well as opportunities for study-abroad programs in either country.

The Burlington campus opened in 2005 offering a Bachelor of Primary Education Studies program. This year, the school is offering three new programs, a Bachelor in Early Childhood Education, a Master's of International Education (School Leadership) and a brand-new MBA program from CSU's Faculty of Business.

Will Letts, head of the school's Ontario campus, says that in the years since the campus started operating, employers and administrators at schools across the country have praised CSU graduates for their skill and training.

"We often hear from teachers and administrators in schools that host our practicum students, and in schools that hire our graduates, about how pleased they are with our program and the calibre of our graduates," Letts said.

CSU's goal has always been to build and maintain the best primary and early childhood educator programs available to students.

"The Ontario experience is the latest manifestation of the University's long-standing commitment to and excellence in creating innovative pathways that make options in higher education available to future professionals. We are leading the way in raising the professional standards of early childhood and preschool educators in Ontario."

CSU's popular one-year Bachelor of Primary Education Studies program was developed in tandem with the Halton District and Catholic District school boards, something Letts says is a source of great pride for the school.

"Designing a program from scratch in partnership with the profession is a rare opportunity in your academic career.

"This program is state-of-the-art, based on international best practice, and is something for which the Faculty and Charles Sturt University are proud," Letts said.

Situated near the shores of Lake Ontario, CSU offers students practical, hands-on courses of study outfitted with the latest wireless, audio-visual and Internet technologies that have resonated strongly with Ontario schools: Most programs at CSU sport at 100 per cent employment rate among graduates.

The school also partners its Early Childhood program with Sheridan and Mohawk colleges whereby students who complete related two-year diplomas at those colleges can receive full credits towards a four-year honours degree at CSU.

Offered this year, the Masters program in Education Leadership, developed through a partnership with the Ontario Principals' Council, focuses on providing students with the skills and knowledge to become outstanding principals and school leaders in Ontario and internationally as well.

"School leaders today may act locally, but they look globally when working to solve problems and improve their practice. This degree aims to facilitate those processes," Letts says.

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Jump-start your career at Sheridan

RAFAEL BRUSILOW
for Metro Toronto

The ultimate measure of any institute of higher learning is the career success of its graduates. Sheridan graduates are finding real-world success is easy when you've got the right training and real-world preparation behind you.

Mark McQuillan graduated from Sheridan's Interactive Multi-Media program in 2003 and quickly started a media and web design business — Jam3Media — with Sheridan graduates Pablo Vio and Adrian Belina. Today, the company specializes in website development that includes motion graphics and video design counts firms like Tetley, Dominos and Electronic Arts among its client list.

McQuillan says the outstanding success of his firm was made possible by the strength of Sheridan's IMM program.

"It was a very intense program with a great class and great teamwork elements. We got to see problem solving on all sides and with this program we got to work with the designers. I think that's why we are the professionals we are today," McQuillan said.

While Sheridan's IMM program was challenging, McQuillan says Sheridan's planning and practical approach to learning, which included lots of group work, allowed students to not only develop their skills but also their confidence by working closely with other students to solve problems.

"When you're in a group you can motivate each other — those team building exercises were key. Sheridan gave me the confidence to move forward with my career. It was the right program at the right time," McQuillan said.

With the explosion of Internet traffic has come a skyrocketing demand for information security professionals like Joshua McDougall, who graduated from Sheridan's Bachelor of Applied Information Sciences program in August of 2008.

He currently works for a large, international professional services firm utilizing his Information Systems Security degree, and says the strength of Sheridan's program was its focus on preparing students with exactly the kinds of skills employers specifically desired from graduates.

Sheridan graduates say it's easy to find real-world success thanks to the training and preparation they get at the school.

"It was a very broad program and the co-ordinator, who did an amazing job designing it, was with us the whole way. He managed to get a lot of industry input on everything we did and he found out exactly what employers were looking for, which made us very desirable in the workforce throughout different industries," McDougall said.

Many of McDougall's friends in the program went on to work in a wide variety of career paths using their skills, such as forensics, risk analysis and consulting. A big reason for the wide berth of options, McDougall says, is that Sheridan not only gave students core knowledge, but made sure students were prepared to operate in the real workplace. The Information Systems Security degree includes a three-to-six-month field placement in a real-world employment scenario that forces students to put their knowledge to work in a practical way while learning how to impart their ideas in a work setting.

"When we left Sheridan, we not only had the technical knowledge to perform our jobs but also the communication skills to get our message across, which is crucial in the information security industry," McDougall said.

For more information about jump-starting your real-world career, visit sheridaninstitute.ca.

Holland College launches 'Learning. For Life' capital campaign
On Friday, Holland College, located in Prince Edward Island, kicked off its multimillion-dollar Learning. For Life. capital campaign, the most ambitious fundraising effort in the college's 40-year history. METRO NEWS SERVICES

Workology

UBC union issues complaint to UN

The University of British Columbia's Alma Mater Society has lodged a complaint with the United Nations over the federal and B.C. governments' failure to meet international obligations to provide accessible higher education. The AMS contends that by failing to properly control tuition fees and not providing adequate financial support to students, the government is violating its commitment to the International Covenant on Economic, Social, and Cultural Rights. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Top architect talks in T.O.

Ryerson nabs designer Alsop, of OCAD fame, as visiting practitioner

MAT LECOMPTE
for Metro Canada

In the past when talking about the globes' unique urban playgrounds, known for cutting-edge design and breathtaking architecture, the name "Toronto" wasn't exactly a city that came to mind.

Through the past couple of years, however, Toronto's gone through a bit of a facelift. OCAD, the AGO and the ROM have all undergone significant changes, helping to give an identifiable face to the city. Whether or not people associate these new looks with beauty is up for discussion, but one thing is clear: The city is making an effort to boost its architectural profile.

Now, as we enter 2010, Ryerson University has taken the next step by naming award-winning and internationally known architect Will Alsop as a Visiting Practitioner.

Alsop, regarded as one of the most prominent United Kingdom architects, is best known for his avante-garde and modernist style. He was the mind behind the award-winning Sharp Centre for Design at OCAD, and is working on a number of other innovative projects here in Toronto and across the globe.

"When I first came here in 2000 to interview for the OCAD project, I didn't like it. In fact, I was glad to leave after two or three days," he said. "It didn't strike me as a great place, initially."

He liked the people, he said, but the architecture and appearance of the city left much to be desired.

"I thought it didn't have a sense of itself. Architecturally, it didn't seem to have any real ambition," he said. "In a way, that was true because the city has changed dramatically since then."

It is this change and progress that has drawn Alsop to the city, and now, to Ryerson. He told Metro that some would argue, rightly or wrongly, that Ryerson's Department of Architectural Science is an underdog. However, he thinks the tools are there to grow the department into an internationally renowned program.

"I like to be part of something that's growing and turning into something new, rather than being at one of the other established universities."

Kendra Schank Smith, Chair of the department, says students and faculty alike are quite excited to have a mind like Alsop's on board.

"It's very prestigious and exciting," she said. "It's very important because he brings a lot of ideas and enthusiasm."

Alsop views Toronto as a place with plenty of unique opportunities for architects, and those who are training and residing here have the power to transform the urban landscape.

As opposed to a beautiful city like Paris, he said, that doesn't leave much room for improvement, Toronto is a city offering all kinds of room for new, ambitious work.

Toronto's key challenges, he says, are to focus on creating better uses of public space, reducing traffic, making streets more walkable and, for the most part, encouraging people towards a more community-based, street life.

This can be done by designing functional communities with schools, libraries, and other amenities all easily reachable on foot.

PHOTO SUBMITTED

Will Alsop, the architect behind the Sharp Centre for Design at OCAD, was not initially impressed with Toronto, but he says that the city has gone through a 'dramatic' change since his first visit.

"I like to be part of something that's growing and turning into something new."
Architect Will Alsop

Foreign-trained workers to get credential check within one year

EMPLOYMENT Foreign-trained workers will be told within one year of applying whether their credentials will allow them to work in their profession in Canada, the federal government announced Monday.

Attracting and retaining the best international talent is critical to Canada's long-term economic success, Minister of Human Resources Diane Finley said in announcing the new framework.

Beginning Dec. 31, 2010, foreign-trained architects, engineers, pharmacists, physio and occupational therapists and registered nurses will be among the groups that fall under the framework. Doctors and others are slated to be included in the one-year timetable by the end of 2012.

NDP Immigration Critic Olivia Chow said the announcement regarding doctors means little without a significant expansion of the internship program for physicians.

Federal Immigration Minister Jason Kenney refuted suggestions that Monday's announcement is aimed at securing immigrant votes in the next election.

"This is about good policy and good outcomes for the Canadian economy, it's not about politics."

THE CANADIAN PRESS

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St. Lawrence College breaks ground for Wind Turbine and Trades Training Facility
On Friday, St. Lawrence College held a groundbreaking ceremony at its Kingston, Ont., campus for the Wind Turbine and Trades Training Facility, which will provide an innovative learning environment for students in the college's Wind Turbine Technician program, among others. METRO NEWS SERVICES

For prof, writing is hard, but pays off in the end

LEYLA EMORY
for Metro Canada

Seneca English professor and award-winning author Bruce Hunter doesn't like to write. "I find it difficult," says this year's recipient of the Banff Mountain Book Festival's Canadian Rockies award. "But I like the end product: Seeing how people respond and reaching people."

Seneca professor Bruce Hunter, who just won the Banff Mountain Book Festival's Canadian Rockies award, says he still plans to teach.

Hunter has spent his 25-year career reaching people. "I teach students from over 100 countries around the world and 65 different language groups. Part of what the book is about is different notions of culture: Deaf culture, aboriginal culture and listening."

Set in the eastern slopes of the Rockies, In the Bear's House is about a deaf boy who finds love and redemption in the wilderness. "The boy can't hear but he learns to listen," says Hunter. "The title In the Bear's House is an analogy to wilderness. You mind your manners when you're in the bear's house. You watch your step."

Hunter wrote the book in the buzz of Second Cup coffee and morning commutes on the TTC, but his accurate depiction of mountain culture won him the award. "I didn't expect to win at all. It was too much of a long shot. I'm from Toronto," says the Calgary import who moved here 29 years ago to attend York University.

Since moving Hunter has seen the city "change enormously." Like his protagonist he's kept up by listening. "When I started at Seneca it was multicultural in the narrow sense of the word, just as the city was … In order to stay current it's an important characteristic of a teacher to know how to listen. So that's what's behind the book."

Despite the specific geographic focus, In the Bear's House has "a universality because of the larger scope of the story." A scope Hunter attributes in part to teaching. "It has had a profound effect on me. One of the poems I started writing when I started teaching was 'What my Students Teach Me.' It's stories about why they came to Canada. I haven't finished the poem because I haven't finished teaching. I keep adding to it."

"Part of what the book is about is different notions of culture: Deaf culture, aboriginal culture and listening."
Seneca professor Bruce Hunter

His newly selected poems are in the process of being published. "It's really exciting because I sent the manuscript in and usually takes a couple of years, so this was fast tracked." But he has no intention to stop teaching.

"I've been doing this for 25 years and I'm still having fun … I get a lot out of it"

Workology in **brief**

COLLEGES GET FUNDS: On Friday, the federal government announced $20.1 million in funding from the College and Community Innovation Program for projects at Fanshawe, Algonquin College, Red River College, Seneca, SAIT, among others. Launched in 2007, the CCI Program supports colleges and CEGEPs to foster research transfer activities in their communities through partnerships with local companies. METRO NEWS SERVICES

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Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

The problems with plan B

HIV/AIDS drugs aren't the safety net young people think they are

CELIA MILNE
for Metro Canada

Message to young, sexually-active people: Don't get lax about HIV/AIDS. Although it doesn't kill as quickly as it used to, it'll hasten illness and aging.

"For the young, active person in a large urban centre, the disease is still out there and still growing," says Dr. Ann Stewart, medical director of Casey House in Toronto. "There's a common perception among the younger crowd that if they get it they'll go on meds. Yes, the medications are miraculous and they've brought people back from the brink. But they have complications. It is still a big experiment."

Someone who is HIV positive and has been on a drug cocktail for 10-15 years may develop complications of aging similar to a person over age 65, says Stewart. This phenomenon is known as "the greying of HIV/AIDS."

Before the advent of antiretroviral drug cocktails, people who developed HIV/AIDS were often dead within 10 years, she says. Nowadays they can live more than twice that long. Indeed, some of the earliest HIV/AIDS patients from the early 1980s are still alive.

"They can survive the opportunistic infections, wasting, and pneumonia associated with AIDS, but they are at higher risk for other chronic illnesses such as cardiovascular disease, high cholesterol, diabetes, and lung cancer," says Stewart.

Other diseases that occur earlier in the HIV/AIDS population are many different cancers, kidney disease, osteoarthritis, chronic pain, dementia and depression. The medications are a blessing and a curse, she says, because people on drug cocktails living with HIV/AIDS get more illnesses and therefore need more medications to treat the subsequent illnesses. "The number of pills creeps up and up," says Stewart.

Toronto is definitely a hot spot for HIV/AIDS. Of all Canadians living with HIV nearly one-third, or 17,000, live in Toronto. Projections point to a mind-boggling statistic: One in 128 adult Torontonians will be HIV positive by 2012, according to Dr. Robert Remis from the University of Toronto, who monitors the spread of the disease.

A huge majority of people with HIV (81.8 per cent) live in Ontario, Quebec and British Columbia. Nearly half (44 per cent) of all cases are in Ontario.

Heavier rates of infection are now being seen in Aboriginal peoples.

It's not safe to think of HIV/AIDS as the "gay man's disease." Now, almost one third of new cases are in people who acquired the virus through heterosexual sex, according to a spokesperson from Casey House. Women account for about a quarter of all cases. And remember: a quarter of people who are HIV positive don't know they have it, meaning that they could unknowingly transmit it.

"This is not a disease you want to get. Practice safe sex by using a condom and always ask your partner whether they have been exposed," suggests Stewart.

"There's a common perception among the younger crowd that if they get (HIV/AIDS) they'll go on meds. Yes, the medications are miraculous and they've brought people back from the brink. But they have complications. It is still a big experiment."
Dr. Ann Stewart, medical director, Casey House

AJIT SOLANKI/THE ASSOCIATED PRESS

People hold lamps as they participate in an AIDS awareness campaign at Nal Sarovar bird sanctuary, about 75 kilometres from Ahmadabad, India. World AIDS day will be marked today to increase awareness of the sexually transmitted, fatal disease.

Voices of Hope

Tonight, on World AIDS Day, lose yourself in song while honouring those who have died. You can attend one of the Voices of Hope concerts, celebrating lives lost and raising awareness and support for those suffering from HIV/AIDS. These concerts were launched collaboratively in 2008 by Casey House in Toronto, Dr. Peter AIDS Foundation in Vancouver, and La Maison du Parc in Montreal.

- Toronto concert: Tonight, 7 pm., Metropolitan United Church, 56 Queen St. E. Free, with donations gratefully accepted. For more details, see caseyhouse.com.

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Sun, snowbirds and HIV

Few want to admit seniors are an at-risk group

The J Spot

JOHN MEYER

We may not want to think about what grandpa's really getting up to during his winters in Florida, but as columnist Josey Vogels notes, society can't encourage seniors to have safe sex until we acknowledge that they're still having sex.

New research out of the University of Waterloo indicates that Canadian snowbirds may be doing more than playing canasta when they winter in Florida.

Speaking at a recent AIDS conference in Toronto, gerontology researcher Katie Mairs said that people aged 50 and over account for a growing percentage of HIV cases in Florida, yet few older Canadians who winter in the state take precautions against sexually transmitted infections.

I'm not so surprised. This is a generation that didn't grow up with AIDS. They weren't raised on safer sex messages and probably never rolled a condom onto a banana in their lives.

Yet, here you've got a bunch of retired, elderly folk — many of whom are divorced or widowed and therefore single — with plenty of time on their hands, hanging out with each other in the warm, Florida sunshine. They don't call them "active" retirement communities for nothing.

Unfortunately, in large part because our society prefers to think that sexuality drops off the face of the earth the moment you get a grey hair, the problem isn't getting addressed.

Research has shown that safer sex education works best when targeted to specific at-risk populations. And even then, the results aren't that great. According to a 2005 Canadian Community Health Survey, condom use among those aged 20-24 averages about 50-60 percent. And they've no doubt been rolling condoms onto bananas since puberty.

"This is a generation that didn't grow up with AIDS. They weren't raised on safer sex messages and probably never rolled a condom onto a banana in their lives."

In order to address rising HIV rates among the elderly, we need to start by first admitting that old people have sex and may even be having it with multiple partners, as the University of Waterloo research indicates.

Then we need to start talking to them. Sex educators I know are trying to make inroads to these communities and some administrators in seniors' homes and retirement communities are starting to recognize and address the issue.

But they still face resistance, both from administrations who don't want to accept, much less address, the fact that their residents might be sexual; and from family members who'd rather not think about whether grandma or grandpa are still doing it, thank you very much.

According to Statistics Canada, the number of Canadians aged 55-64 jumped by 28 per cent in the five years prior to the 2006 census. With all these boomers about to enter their golden years, many of whom will no doubt be single and, yes, sexually active, we better start readjusting our attitudes if we don't want to be dealing with a raging HIV epidemic among the blue-rinse set.

Something to think about today on World AIDS Day.

For more facts about HIV/AIDS in Canada, visit my Sexcetera blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

You have a voice. Use it.

Need a safe place to share your opinions and learn important facts about HIV/AIDS in your community? **Visit us at preventaids.ca** and let your voice be heard. Participate in our blog and post your feelings, fears and frame of mind on a number of real life issues involving the prevention and management of HIV/AIDS.

Le conseil des africains et caraïbeens sur le VIH/SIDA en Ontario

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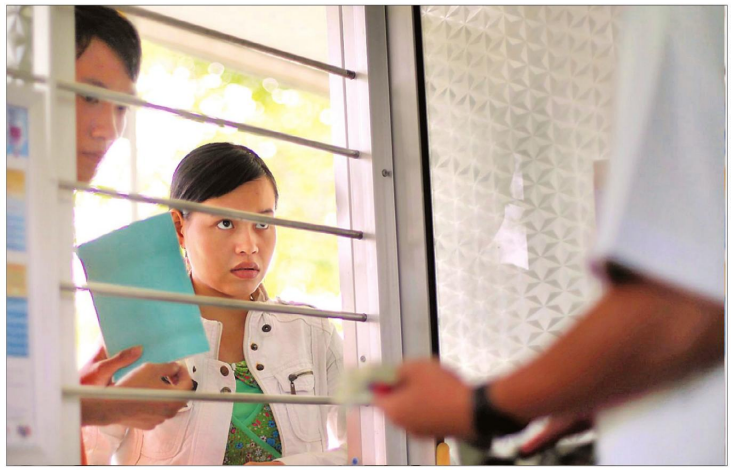
Treat HIV patients sooner: WHO

Advice could double number of people who qualify for drugs

People infected with the virus that causes AIDS should start treatment earlier than currently recommended, according to the World Health Organization(WHO).



DAVID GUTTENFELDER/THE ASSOCIATED PRESS

An HIV-infected couple waits to receive medication at an HIV/AIDS clinic in Tinh Bien, Vietnam.

The U.N. agency issued new guidance advising doctors to start giving patients AIDS drugs a year or two earlier than usual. The advice could double the number of people worldwide who qualify for treatment, adding an extra three to five million patients to the five million already awaiting AIDS drugs.

WHO's previous HIV treatment advice was published in 2006. Since then, several studies have shown people with HIV who start drugs earlier than recommended have a better chance of surviving.

WHO now advises doctors to start HIV patients on drugs when their level of CD4 cells — a measure of the immune system — is about 350. Previously they said doctors should wait until patients' levels hovered around 200. In most Western countries, doctors start treating HIV patients when their CD4 count is about 500.

David Ross, an AIDS expert at the London School of Hygiene and Tropical Medicine, said there is compelling evidence HIV patients should start treatment sooner.

People with HIV who aren't on AIDS drugs are more likely to catch a potentially fatal disease like tuberculosis or develop other complications when they do start the drugs, Ross said.

WHO's new recommendations also advise pregnant women with HIV to take the drugs earlier and while breast-feeding. The agency also said countries should phase out the use of the commonly used AIDS drug stavudine because of its toxic side effects. If countries with large outbreaks adopt the guidance, many more people could live longer, healthier lives, said Hiroki Nakatani, a top WHO official in a statement.

Still, WHO's advice raises questions about how countries and donor agencies will pay for the lifelong AIDS treatment.

It may also be difficult to convince HIV patients to start the drugs sooner, when some may not have any AIDS symptoms. Putting more patients on the treatment for a longer period of time could also encourage drug resistance.

Ross said many AIDS programs in Africa are already struggling. He added there were anecdotal reports of clinics turning away new patients eligible for treatment because they didn't have enough drugs to treat them.

Some experts said the new WHO guidance could add billions to the cost of global AIDS programs. "WHO may be biting off more than they can chew," said Philip Stevens, a director at International Policy Network, a London-based think-tank. "I'm not sure how this will be possible to achieve, other than by cutting lots of corners," he said.

THE ASSOCIATED PRESS

More online

• For more information on the World Health Organization's new recommendations, visit who.int/hiv

Crack and meth are too readily available in Vancouver: Report

RESEARCH It's far too easy for drug users to get crack cocaine and crystal meth on the streets of Vancouver, according to a new report. Rates of new HIV infection, homicide and overdose also remain high, according to the Urban Health Research Initiative (UHRI). The 10-year study followed almost 2,000 illicit-drug users in Vancouver, some of whom are homeless. Vancouver shares this problem with other large cities. "Throughout North America, particularly in the U.S., we have failed to address the combined problems of HIV and addiction," says Dr. Evan Wood, director of the UHRI at the B.C. Centre for Excellence in HIV/AIDS. The report found:

• Steep increases in the use of crack cocaine.

• Significant increases in crystal methamphetamine use, especially among street-involved youth.

• High death rates among injection drug users due to long-term HIV infection.

It also found dramatic decreases in syringe-sharing, drug overdoses and the spread of infectious disease due to growth in supervised drug injecting sites.

CELIA MILNE/FOR METRO CANADA

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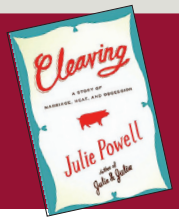
Leggo my Eggo

Where have all the waffles gone? Eggos, the frozen waffle made by Kellogg, will be in short supply until the middle of 2010, it says. That's led to a mock mini-crisis in the United States, including the auction of frozen waffles on eBay. TORSTAR NEWS SERVICES

Food



'Cutting' to the chase

The newest memoir from Julie & Julia author Julie Powell hits book stores today. Cleaving: A Story of Marriage, Meat, and Obsession is Powell's account of a two-year extramarital affair she embarked on, its fallout and how she seeks refuge from it all by first becoming a butcher's apprentice and then searching out fellow butchers around the world. Full of culinary metaphors, the book shows how one woman's meat can sometimes be another's therapy. Cleaving is available at Chapters and Indigo stores across Canada for $29.99. METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Warm guests' bellies

Spiced nut appetizer and braised chicken add festive flair

The fragrant aromas of apple cider, eggnog and hot chocolate have made their way into the city — signs that the holiday season has arrived.

While you pull out the ornaments and play jingle bells, you might be wondering what to serve for the many dinners you've no doubt planned for family and friends.

We have a delicious menu here that will warm your guests' bellies and look festive on the table. If company arrives early and more time is needed to set up seating or chill the wine, try serving our Brown Sugar and Chili Spiced Nuts mix to stave off hunger. This savoury and sweet assortment is not only a guaranteed favourite among friends, it's also easy to package as a seasonal favour or hostess gift.

Moving on to the main, our Braised Chicken with Figs and Olives sounds scrumptious and tastes even better. This recipe is easy and avoids the fuss of a meal with many sides. Orzo pasta does a great job of soaking up the chicken broth that is infused with the flavours of figs and olives. Couscous or mashed potatoes also make for great accompaniments.

For that end-of-meal sweet that you and your guests crave, try our classic shortbread recipe. This recipe is another great one to make for a party, hostess gift, cookie exchange or the family Christmas dinner. Enjoy hosting friends and relations this holiday season with these new recipes; they will definitely relish eating at your table.

– CHRISTY PENGILLY

CARLO MENDOZA

Braised chicken with figs and olives.

CARLO MENDOZA

Brown sugar and chili spiced nuts.

Brown Sugar and Chili Spiced Nuts

MAKES 4 CUPS
PREP TIME: 5 MINUTES
COOKING TIME: 25 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 1 large egg white
- 1 tsp chili powder
- 1 tsp kosher salt
- 1/2 cup of brown sugar
- 1/2 tsp cayenne powder
- 1/2 tsp ground cinnamon
- 4 cups mixed nuts (pecans, walnuts, blanched almonds and/or cashews)

METHOD:

1. Preheat oven to 325F. Line a rimmed sheet pan with parchment paper and set aside.

2. Whisk egg white in a large bowl until frothy. Add chili powder, salt, cayenne and cinnamon and whisk until blended. Add nuts to bowl and stir well to thoroughly coat. Add sugar and toss until well combined. Transfer mixture to prepared sheet pan and bake in oven, stirring once, until golden brown and nuts are toasted and crispy, about 25 minutes. Let cool slightly before serving. Tightly sealed, nuts will keep for 1 week at room temperature.

Braised Chicken with Figs and Olives

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 30 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 8 bone-in chicken thighs, skin on, (about 3 lbs), (drumsticks will also work)
- 1 Tbsp olive oil
- 1/2 cup diced white onion
- 1/4 cup white wine, or water
- 1 1/4 cups sodium reduced chicken broth
- 4 fresh figs, quartered
- 1/4 cup small green olives
- 1 cup uncooked orzo pasta
- 1 Tbsp unsalted butter
- 1 Tbsp finely chopped fresh parsley
- 1 tsp honey

METHOD:

1. Rinse chicken, pat dry with paper towels and season with salt and pepper. Heat oil in a large heavy bottomed skillet over medium-high heat. Working in batches, if necessary, add chicken and sear on all sides until golden brown, about 6 minutes. Remove chicken from skillet and pour off all but one tablespoon of fat from the pan. Return pan to stove set over medium heat, add onion and cook until starting to soften, about two minutes. Add wine, stirring to scrape any flavourful brown bits from the bottom of the pan, cook until wine is mostly reduced. Add chicken broth and return chicken to pan, skin sides up. Simmer set over medium-low heat, loosely covered until chicken is cooked through and sauce is slightly reduced, about 20 minutes. Add figs and olives let rest until figs are tender, about 3 minutes.

2. Meanwhile, cook orzo according to package instructions, in a pot of boiling salted water until al dente. Drain pasta, toss in butter and season with salt and pepper; set aside.

3. Transfer chicken to a serving dish, stir parsley and honey into sauce remaining in pan over medium heat and pour over chicken. Serve chicken alongside buttered orzo.

Great festive dinner menu options!

Holiday tips

- Check out the online Christmas Guide on 20minutesupperclub.com for recipe ideas and tips to help make your holiday events and dinners a hosting dream.

Read more on page 47 »

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Fresh Latkes at Free Times

Back by popular demand, The Free Times Cafe is selling their famous latkes for Hanukkah. Beginning Thursday, the potato pancakes will be available exclusively at The Free Times Cafe, 320 College St., and at St. Urbain Bagel Bakery, 895 Eglinton Ave. W. METRO NEWS SERVICES

Zesty Hanukkah blintzes

Fresh lemon zest and dried blueberries make the creamy ricotta cheese filling in these blintzes special.

When heated, the blueberries become plump and tender. If you lack the time or inclination to make crepes, look for pre-made in the produce section at your market.

THE ASSOCIATED PRESS

Lemon and Dried Blueberry Blintzes.

Lemon and Dried Blueberry Blintzes

MAKES 8 SERVINGS (16 BLINTZES)

INGREDIENTS:

Crepes
- 300 ml (1 1/4 cups) all-purpose flour
- 10 ml (2 tsp) powdered sugar
- 4 large eggs
- 300 ml (1 1/4 cups) low-fat milk
- 175 ml (3/4 cup) water
- 90 ml (6 Tbsp) butter, melted, plus more for brushing pan

Filling
- 500 ml (2 cups) part-skim ricotta cheese
- 45 ml (3 tbsp) sour cream, plus extra for serving
- 50 ml (1/4 cup) granulated sugar
- 1 large egg
- 1 large egg yolk
- 10 ml (2 tsp) lemon zest
- 175 ml (3/4 cup) dried blueberries

METHOD:

Crepes: In a blender, combine flour, powdered sugar, eggs, milk, water and melted butter. Blend until smooth. Let batter rest, refrigerated, for 20 minutes or up to one day.

Heat a 25-cm (10-inch) non-stick skillet or crepe pan over medium. Brush pan with melted butter (you may only need to do this for every other crepe). Pour 50 ml (1/4 cup) of the batter into the centre of the pan, then immediately tilt and rotate pan to spread batter evenly over bottom. Cook crepe until edges are lightly browned and beginning to curl up, 2 to 3 minutes.

Carefully loosen edges of crepe with a spatula and flip crepe over in pan. Cook until second side is slightly browned, about another 20 seconds. Slide crepe onto a plate. Prepare remaining crepes in the same manner. There should be enough batter for 16 crepes.

Heat oven to 180 C (350 F). Coat a 3-l (9-by-13-inch) baking dish with butter or cooking spray.

Filling: In a medium bowl, stir together ricotta, sour cream, sugar, egg, egg yolk, lemon zest and dried blueberries.

To assemble blintzes, one at a time place a crepe on a clean work surface with the paler side facing up. Place 30 ml (2 tbsp) of the ricotta filling at the centre of the crepe. Fold opposite sides of the crepe over the centre until they barely touch. Fold in the other 2 sides to make an envelope that completely encloses the filling. Place each folded crepe seam side down in prepared baking dish.

Brush tops of blintzes with melted butter and bake until they are golden and begin to puff up, 20 to 30 minutes. Serve warm with sour cream (if desired).

THE ASSOCIATED PRESS

After-dinner sippers

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

As much as I hate assigning a style of wine to a certain period of time, with winter approaching we have officially entered the season where port really shines.

Historically misunderstood thanks to the use and abuse of the name port by just about every country on Earth (including Canada); the real deal (which only comes from Portugal) makes for a warming after-dinner sipper and a great match with fruit, chocolate and cheese (especially blue varieties like stilton).

Made by introducing grape spirit to fermenting juice, port is typically sweet and is, for the most part, labeled by age. The most famous are vintage ports, but they're not meant for immediate drinking. That's put the spotlight on wines like **Taylor Fladgate's 1997 Late Bottled Vintage Port** ($24.29 - $26.01) which offers balanced flavours of ripe plum, nuts and caramel and is good to go right now.

Bottles such as **Warre's Otima 10 Year Old Tawny Port** ($22.95 - $34.02) are also meant for cracking not keeping. Its creamy mix of ripe berry fruit and toffee develop by blending wines from different vintages that have seen at least a full decade of aging.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Time for the classics

Continued from page 46 ››

Classic Shortbread

MAKES APPROXIMATELY 36 COOKIES
PREP TIME: 15 MINUTES
COOKING TIME: 40 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:
- 1 cup (2 sticks) unsalted butter, room temperature
- 1/2 cup granulated sugar
- 3/4 tsp kosher salt
- 1/2 tsp pure vanilla extract
- 2 cups all-purpose flour, plus more for rolling, if desired

METHOD:

1. Preheat oven to 325F. Line two rimmed sheet pans with parchment paper or silicone baking mats and set aside.
2. In a large bowl, using an electric mixer, cream butter, sugar, salt and vanilla together until pale and fluffy, about 2 minutes. Turn mixer off, add flour all at once and mix on low speed until dough is soft and starts to come together.
3. Form dough into a disk, wrap tightly in plastic wrap and chill in the refrigerator until firm, about 30 minutes. Roll the dough on a lightly floured surface to 1/4-inch thickness and cut with your choice of 2-inch cutter. Transfer cut-outs to prepared pans and bake until edges of cookies are just starting to turn pale golden brown, about 12-15 minutes. Transfer cookies to a wire rack and cool.

Variations

- Visit 20minutesupperclub.com/recipe/classic-shortbread to find the other variations on this recipe.

CARLO MENDOZA

Classic shortbread cookies cut in festive shapes.

20 minute SUPPER CLUB

Food in brief

BOOK Anna Olson isn't shy to rein in her supermarket produce manager when local produce is in season but overshadowed by imports. "Every grocery store has a produce manager, so there is someone to talk to," says the host of Fresh with Anna Olson on Food Network Canada. In her newly released cookbook, Fresh with Anna Olson, she shares locally inspired recipes divided into seasons. With stunning colour images, photographed by Ryan Szule, the 191-recipe collection is published by Whitecap ($29.95). Olson also shares tips to help readers choose the best ingredients at their freshest. THE CANADIAN PRESS

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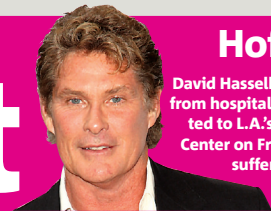
Boyle tops the charts

Susan Boyle's I Dreamed A Dream is the fastest-selling U.K. debut album of all time, with 411,820 copies moving in its first week. The album is also projected to go No. 1 this week in the U.S., Canada, New Zealand, Ireland and Australia. METRO NEWS SERVICES

Entertainment



Hoff hurt?

David Hasselhoff has been released from hospital. The star was admitted to L.A.'s Cedars-Sinai Medical Center on Friday after allegedly suffering a seizure.

FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

The spirit of Jacksoul

Haydain Neale worked on new album while fighting cancer

GRAHAM ROCKINGHAM
for Metro Canada

Last May, after months of rehabilitation from a life-threatening head injury suffered in a traffic collision, Haydain Neale decided he was well enough to return to the recording studio. It was time to make another Jacksoul record.

Neale still had difficulty singing, but he had recorded some demo tracks of new songs shortly before being struck by a car on Aug. 3, 2007, while driving his Vespa scooter on a Toronto street.

Neale reviewed the tapes. His voice was solid. There was more than enough there to make a CD.

Neale assembled his bandmates in a Toronto studio, selected the 10 best songs and started building full album tracks around the vocal demos. Things came a little bit slower than before the accident, but he was in control, orchestrating every step of the production.

But it wasn't long into those sessions that Neale was diagnosed with lung cancer. It was a stunning blow, coming to someone who had already persevered through so much. And it seemed so unjust. He wasn't a smoker, according to friends, not even a drinker.

Neale chose to keep the diagnosis private and focus instead on the music. Only a few close friends and family were told, as the band continued working in the studio.

"It was definitely emotional," recalls keyboard player Ron Lopata. "We were brothers. We've been through a lot together. We've been on the road together. We've shared buses. We were a very close group of friends."

Tribute concert

- Nelly Furtado and k-os headline a tribute concert for Haydain Neale at the Phoenix Concert Theatre on Dec. 7. Tickets ($20) go on sale tomorrow.

Last month, Jacksoul's record label (Sony Music Canada) announced the new album, SOULmate, would be released today.

Fans, unaware of the cancer diagnosis, were buoyed by the news.

Neale lived long enough to see the record to completion. But he died Nov. 22 in Toronto's Mount Sinai Hospital at 39, just 10 days before SOULmate's release.

Lopata — credited with Neale as co-producer of SOULmate — said he understood the singer's decision to keep his cancer private.

"Haydain's outlook was always positive," Lopata said. "He always felt 'I'm going to continue, I'm going to make music for as long as I can do it. I'm going to put my heart and soul into it ...'

"I think it was a matter that he didn't want (the cancer) to be a focus for anyone. He was always on the route for getting better and that was the focus."

The first single off the album is called Lonesome Highway. It was written before the scooter accident but eerily foretells of Neale's future struggles.

"You're going to hear a lot of amazing songs that now have more meaning than they did before," Lopata said. "You'll listen to it and say, 'Unbelievable, it's just like he's a fortune teller ...'"

Haydain Neale died last week in Toronto, but not before he and his band Jacksoul finished work on SOULmate, which is out today.

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DVD picks

Terminator Salvation

Director: McG

WHO'D EVER have guessed that we'd be missing the thespian nuances of Arnold Schwarzenegger or complaining about the coldness of a robot movie?

Terminator Salvation sadly lacks not only The Guvernator in his iconic role but also the humour and warmth that made earlier instalments (especially the first two) a genuine pleasure.

This one is more of a chore, and the story has become needlessly complicated. Woe to anyone going into this thing cold.

Set in 2018, just as machine overlord Skynet is wrapping up its job of subjugating humanity, it stars Christian Bale as John Connor, leader of the human insurgency against the robots. Bale attempts to impart the same sandpaper gravitas of his Batman character to Connor, but it's not as successful here.

More interesting is Sam Worthington as a death row convict who is unexpectedly inducted into Terminator lore.

It's a peek at the kind of work he'll do as the star of Avatar, coming to theatres soon.

Director McG is out of his depth with this kind of blockbuster, but he and his designers do bring a grim reality to bear — the blood-red eyes of the film's robots could haunt your nightmares.

Bring back Arnold!

There's a bucket load of extras, including a director commentary, numerous features and both the director's and theatrical cuts.

Night At the Museum: Battle of the Smithsonian

Director: Shawn Levy

EXPECTATIONS ARE the devil's playground. The original Night at the Museum arrived in 2006 with zero indication of fun, seeming to be a witless CGI fest helmed by Shawn Levy. But with Ben Stiller in the lead role of a security guard spooked by supernatural mischief that animated the antiquities, it turned out to be a bit of a hoot.

So what happened with the sequel? The script, mainly. Levy and Stiller are back, as are most of the name cameos, but the story that moves the action from New York to Washington, D.C. lost something in the relocation. It's now a disjointed series of frantic CGI bits, even with the talents like Amy Adams and Christopher Guest.

Extras include 12 deleted scenes, an alternate ending, featurettes and commentaries.

Peter Howell/for Metro Canada

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Location, Location, Location?

Where You Live Can Impact Your Car Insurance Rate

How Much Is Your Postal Code Costing You?

We've all heard that when it comes to real estate, the biggest driver of your success is location. Can the same be said for getting the lowest car insurance rate? The answer is – sort of. Insurance companies do use a wide variety of risk factors when setting premiums, and where you live is one of them. The question each insurance company tries to answer is "how likely is it a policyholder living in [insert location here] will make a claim and how much will that claim cost to pay out if there is a loss?" If you live in an area that a given insurance company knows to have a high claims rate, all things being equal, you can expect to pay more than someone living in an area with a lower claims rate.

Should I Consider Moving To Get A Better Rate?

Probably not. If you are like most people, picking up and moving to another neighbourhood in hopes of saving money on your car insurance is likely not an option. And the truth is, even if you did move, there's no guarantee you'd get a lower rate, since each insurance company sets its rates independently and can change them up to 4 times per year according to a wide variety of factors of which your location is only one.

What's The REAL Secret To Lowering Your Rate?

The simplest and easiest thing you can do to lower your rate right now is to SHOP AROUND. Why? Because the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The key is finding the one insurance company that can offer the lowest rate available for your driving profile. InsuranceHotline.com offers an independent, unbiased rate comparison from over 30 of the top insurance companies in Canada to find you the lowest rate for your profile and then connects you with a licensed broker or agent who can provide the policy. It is fast, safe and FREE.

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Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
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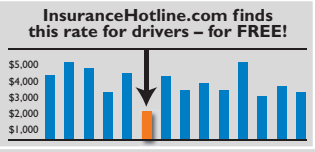
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904



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Tom Arnold ties the knot for fourth time

Tom Arnold wed Ashley Groussman in an intimate ceremony in Maui on Nov. 29. PEOPLE.COM

Ode to a prairie town

Actor Corbin Bernsen has learned that two things: Saskatchewan is a really cold place to make a movie in February and his latest film wouldn't have happened without a red paper clip and the people of a small Prairie town.

Bernsen's latest movie Rust, about a priest who undergoes a mid-life crisis of faith and returns to his hometown to heal, was shot in Kipling, Sask., two hours southeast of Regina.

"It was like shooting at the North Pole," says the California native, best known for his role in the hit TV show L.A. Law. "It was freezing, but it created a beautiful look and exactly the feel I wanted."

The story of how Bernsen ended up in Kipling could itself be a movie. In 2005, blogger Kyle MacDonald bartered his way from a red paper clip to a house in a series of highly publicized online trades. When he landed a limited edition KISS snow globe, he then traded it with Bernsen — an avid snow globe collector — for a role in Bernsen's film

GETTY IMAGES

Rust Director Corbin Bernsen.

Donna on Demand.

MacDonald then traded that movie role with the town of Kipling for a two-storey house there. So Bernsen headed to Kipling to hold auditions for the role. After visiting the town, Bernsen was inspired to return o film Rust, which he wrote with Kipling in mind. "I fell in love with the town and the people. There's a simplicity that appealed to me,"he says.

In Rust, Bernsen's character must make sense of the aftermath of a tragedy — his childhood friend has confessed to burning down a house that killed the family within. Corner Gas star Lorne Cardinal, who plays a police officer in the movie, says burning down an abandoned farmhouse for the film was cathartic. The farmhouse was where convicted pedophile Peter Whitmore abused two boys in 2006. "One of the victims showed up for the burning of it," says Cardinal. "It was palpable energy for sure because everyone wanted to see it gone."

Beyond the raw emotion, Cardinal says there was "a lot of great magic on set." Many locals were cast in the film and some people even opened up their homes as sets, while local businesses donated equipment including heaters. "I've never seen a town come alive like that before," says Cardinal Bernsen says it was the community's faith that got the job done.

Rust will have its broadcast premiere on Dec. 5 and will be re-broadcast Boxing Day.

THE CANADIAN PRESS

At 39 years of age Juno Award-winning artist Haydain Neale of jacksoul passed away Sunday, November 22, 2009 after a very private seven month battle with lung cancer.

"The mood is a reflective one. Yes, there's a wiggle in your hips kind of song in there but mostly it's about hanging with your family and friends. I'm hoping people will surround themselves with the ones they truly love and just listen."
Haydain Neale

SOULmate is now available in stores and online.

PROCEEDS FROM THE SALE OF SOULmate GO TO THE Haydain Neale Family Trust

SONY MUSIC

Mix of Six

EVENT
When: Noon
Where: 250 Front St. W.

Jian Ghomeshi hosts Canada Reads: Meet The Contenders 2010 panelists and authors at the CBC Broadcasting Centre, 250 Front St. W., at noon. cbc.ca/canadareads

READING
When: 7 p.m.
Where: ROM

Author John Ralston Saul will read from and sign copies of his book A Fair Country: Telling Truths About Canada at the Royal Ontario Museum at 7 p.m. $10 - $18. 416-586-5797.

THEATRE
When: Today
Where: 16 Ryerson Ave

Theatre Passe Muraille is previewing Letters To My Grandma by Anusree Roy at Backspace, 16 Ryerson Ave. passemuraille.on.ca

BASKETBALL
When: Tonight at 7pm
Where: Air Canada Centre

Chris Bosh and the Toronto Raptors take on Caron Butler and the lowly Washington Wizards at Air Canada Centre at 7 p.m. For updates on the game and rosters check out nba.com/raptors

MUSIC
When: Today to Thursday
Where: Various locations

Eh! The European film festival continues through Thursday with films screening around the city. eutorontofilmfest.ca

SCIENCE
When: Today
Where: Ontario Science Centre

Body Worlds, offering an unique look at the human body, is on display at the Ontario Science Centre, 770 Don Mills Rd. ontariosciencecentre.ca

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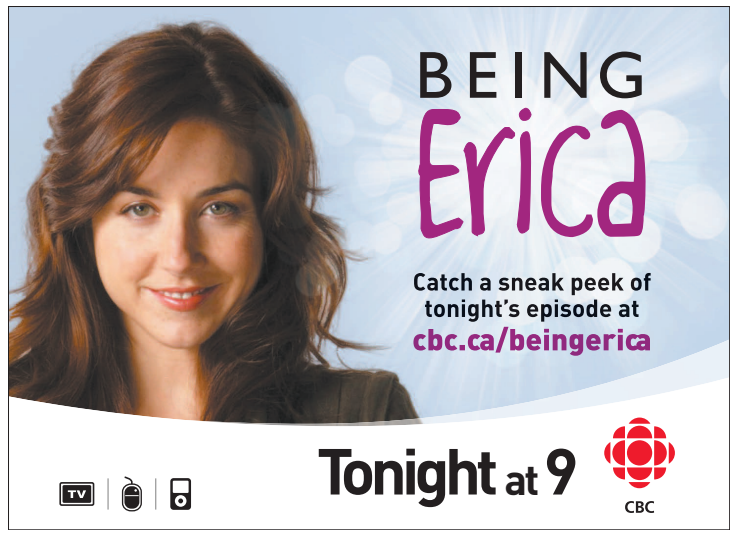

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A "tomboy" in Paris

Paris Hilton is a "tomboy." The socialite says that despite her glamorous, party-loving image, she has a secret active side and claims she is "totally different" away from the cameras. FEMALEFIRST.CO.UK

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She's such a Teese

Burlesque artist brings Paris show to DVD

TALIA SOGHOMONIAN
Metro World News

She spends much of her time out of them, but clothes are important to Dita Von Teese. They're an integral part of the burlesque superstar's character — both on and off stage.

As she gets set to launch a DVD of her show at the Crazy Horse in Paris, Von Teese speaks to Metro about life, lingerie and Louboutin heels…

Q Doesn't this DVD destroy the mystery of your Crazy Horse shows?

A I don't normally like having my shows filmed but I think we managed to transfer the feeling of the live shows to film.

Q Are there shots that could never be seen live?

A Crazy Horse are very private about what happens behind the scenes but we could show all that on the DVD.

Q In the DVD, you say that you wished you were 18 so you could have become a dancer at the Crazy Horse!

A Yeah! (Laughs) I'm obviously happy with the path that I've chosen. There's a reason that things worked out the way they did for me, but sometimes I wonder why I didn't fly to Paris and audition to become a Crazy Horse girl back in the old days!

Q You're writing a new beauty book?

A It's about encouraging and embracing eccentric beauty. Everyone wants to look natural and this is a book for girls that don't want to look natural!

Q The way you move, of course, is due a lot to your Christian Louboutin heels…

A Christian started off designing shoes for showgirls. More than any other shoe designer he has a real way with proportion and with making a foot look really feminine. I always feel that he completely understands what shoe I need and of course that flash of red sole is the height of glamour and is a distinctive symbol.

I feel that I have to wear Louboutins on stage. I love that flash of red that comes when I'm dancing.

Dita Von Teese's show at the famous Crazy Horse in Paris is coming to DVD.

to	Vu	SD	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
12/09	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		East West 101 (N)		The Virus Empire (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS (HDTV)		NCIS: Los Angeles		Victoria's Secret Fashion		News Final
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		The Biggest Loser (N)				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	So You Think You Can Dance (HDTV) (N)				Law & Order: SVU		News
	218	345	11	CHCH	*A Night at the Roxbury* ★ (1998, Comedy) Will Ferrell.				*54* ★★ (1998, Drama) Ryan Phillippe, Salma Hayek.				News at 11 (N)
	-	-	14	-	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Talk About It
	213	326	15	SUN	The Insider (N)	George Lopez	World's Most Amazing Videos		To Serve and Protect		The Insider	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS (HDTV)		NCIS: Los Angeles		Victoria's Secret Fashion		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Charlie Brown	Prep-Landing	Scrubs	Scrubs	the forgotten (HDTV) (N)		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Monk		Movie				A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	So You Think You Can Dance (HDTV) (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Western New York A to Z The uniqueness of the region.				Daring Kids-Miriam		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place "June"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	The Office	Name Is Earl	Frasier
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		The NEW Age of Wal-Mart		Executive Vision		Biography on CNBC		Mad Money
sports	405	417	22	net	Salt Lake	UEFA Champ.	UFC: Access	MMA Conn	The Ultimate Fighter		Sportsnet Con.	Sportsnet Con.	Hockey Central
	400	400	30	TSN	NHL Pregame	NHL Hockey Toronto Maple Leafs at Montreal Canadiens. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters International		Bounty Hunter
	417	406	81	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pass Time
family	551	542	25	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked		10 Years
	570	580	29	MM	Secret Life of American Teen		Secret Life of American Teen		Secret Life of American Teen		MuchNews	My Date With...	disBAND
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		*True Lies* ★★★ (1994, Action) Arnold Schwarzenegger, Tom Arnold.				
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	David Rocco	RIS - Delitti Imperfetti		George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage	Wild 'n Out	mmtop10.ca
	575	583	38	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	616	521	39	SHO	The Outer Limits		*Recipe for a Perfect Christmas* (2005, Romance-Comedy)				Bones		NCIS
	620	523	40	BVO	At the Concert Hall		Freddie Mercury		Nureyev (N)		General Idea: Art, AIDS		Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	Law & Order: SVU		House-Payne	House-Payne	*Striking Distance* ★★ (1993, Suspense)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		The Game	The Game	The Game	The Game	Monica: Still	Monica: Still	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*The Blair Witch Project* ★★ (1999, Horror)				InnerSpace (N)
	581	566	52	MTV	Peak Season	After	The Hills	The City	From The Hills to The City		The Hills	The City	Hills-City
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	603	561	56	FOOD	Ricardo	Exotic	Restaurant Makeover		The F Word (N)		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Hallelujah!	Dinnerladies	Quantum Leap (Part 2 of 2)		Unscripted (N)	I Prophesy	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	526	507	249	VIVA	Cold Case "The Plan"		Missing "John Doe"		The Closer		Cold Case "The Plan"		Psychic Inv.
	300	601	301	M1	(7:15) *Finn on the Fly* (2008, Comedy) Matthew Knight.				*Forgetting Sarah Marshall* (2008, Romance-Comedy)				*Ruslan*
	305	612	306	PIX	*Calendar*	(7:20) *Lethal Tender* (1997, Action)			*Liar Liar* ★★ (1997, Comedy) Jim Carrey.			*Hank Williams Show*	
	520	-	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Time Warp (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Hollywood's Knocked Up		FashionTele	RAW	Canada's Next Top Model		Fashion on Ice 2007		Pretty Wicked

critics' corner

Nureyev

If anyone ever asked Rudolf Nureyev, "So you think you can dance?" it's obvious what the answer would have been. Nico Archambault, season one winner of "So You Think You Can Dance Canada," steps into the ballet legend's slippers for this film, which recounts Nureyev's life through the medium he loved — dance. Greta Hodgkinson plays Nureyev's longtime dance partner and friend, Margot Fonteyn. 9 PM on BVO

NCIS

This case hits close to home, but they'll have to go far from home to solve it. When an NCIS agent is killed, Gibbs and company venture into the desert in search of a woman who holds the key to finding the killer in "South by Southwest." 8 PM on GTV CBS

Freddie Mercury: A Kind of Magic

Magic, indeed. Freddie Mercury was one of a kind, and this documentary captures the life and career of the Queen frontman, who died in 1991 of AIDS-related pneumonia. Known for his flamboyant onstage persona, he was the subject of plenty of rumors about his private life. 8 PM on BVO

K'naan releases 'Wavin' Flag' video

TORONTO K'naan — the Somalia-born, Toronto-raised hip-hop artist — has released a new video for his remixed version Wavin' Flag that will serve as the official song of the FIFA 2010 World Cup.

Wavin' Flag was originally featured on K'naan's second studio album Troubadour, which came out earlier this year. The track will be used in television commercials and online to promote the World Cup, which will take place in South Africa next summer.

The new version of the track features revised lyrics with a new focus on soccer, with lines such as: See the champions take the field now/ Unify us, make us feel proud.

THE CANADIAN PRESS

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Kenya Hunt

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Witherspoon and Gyllenhaal still together

Despite reports to the contrary, Reese Witherspoon and Jake Gyllenhaal are still very much a couple, according to their reps. Although a source close to the couple says their relationship has ended, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Gervais robbed of $400,000 in cash

POOR RICKY Fraudsters stole more than $400,000 from Ricky Gervais using a photo of his Office character, femalefirst.co.uk reports.

The British funnyman has revealed criminals took the huge amount of money from his bank account and tried to buy gold with it after creating a fake identity card in his name using the picture of geeky office manager David Brent — which had been cut out from the cover sleeve of a DVD box set.

The 48-year-old star was telephoned by concerned bank staff who asked for his permission to contact police, and was later visited by an officer after the fraudsters were arrested.

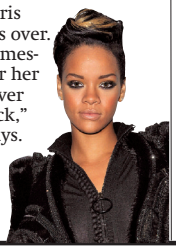
"I said, 'How did they think they were going to get away with it?'" Gervais said.

"He said, 'They normally get a passport from either a dead man or steal one and replace it with your details and your picture.' The CID man started smirking, so I went, 'What?' And he showed me this passport.'

"I tell you what, we were laughing for ten minutes." METRO NEWS SERVICES

Rihanna giving dad cold shoulder

FAME WILL DO THAT TO YOU Rihanna's estranged father, Ronald Fenty, is looking to reconnect with his famous daughter, especially now that her ordeal with Chris Brown is over. "I leave messages for her but I never hear back," Fenty says. METRO NEWS SERVICES



Michael Lohan is alive

BUT WE'RE PRETTY SURE HE HAS NO SOUL LEFT Michael Lohan doesn't exactly have a history of verbal restraint, so when a Twitter account named @themichaellohan began writing snippets about family drama and wanting to jump off of the Brooklyn Bridge, entertainment bloggers across the web figured it was the real deal, popeater.com reports.

Thankfully, it seems the Tweets — like the one that read: "fiance just left me. my family hates me, i spent Thanksgiving with my mom i just cant do any of this any more" — were all bogus, and the father of Lindsay Lohan is still with us, the website adds.

Word of the alleged suicide pleas began to spread on Sunday evening, with sites like Gawker.com and AllIsWired all jumping on the story.

In the Tweets, which have since been erased from the Twitter page, "Lohan" said: "death of father put me in a black hole IDK what to do" and that he was "heading to the brooklyn bridge." He even sent one to Lindsay's Twitter account, writing: "@lindsaylohan, love you b ye." Gossip blog Shabooty quickly cleared everything up, as they purportedly received an email from a very alive Michael Lohan disputing the Twitter posts.

"This is not not me. I do not have and never had a twitter and twitter's corporate office confirms that," Lohan allegedly wrote to the gossip site. As far as PopEater can tell, that's all true, as we've never seen a Twitter account linked to him. METRO NEWS SERVICE

Brangelina headed for split?

WHO KNEW THERE WERE ANY UNTOLD STORIES LEFT? The days of Brangelina may be coming to an end, according to one writer who says that a Brad Pitt and Angelina Jolie split could be coming "within 18 months, probably sooner."

"I talked to several people in Brad's family who wished they'd break up today," author Ian Halperin tells Page Six.

"They're going to split amicably, work out some kind of arrangement with the kids, and everything will be very civilized."

"Then you're going to see unidentified friends leak stories how Angelina couldn't put up with Brad's partying and drinking and his pot smoking," says Halperin, author of Brangelina: the Untold Story of Brad Pitt and Angelina Jolie. METRO WORLD NEWS

Hall domestic fight details emerge

IT'S A FAR CRY FROM THE BREAKFAST CLUB Details of a domestic violence incident between Anthony Michael Hall and Diana Falzone have come out, including that the actor bit his girlfriend, popeater.com reports.

According to police, Hall "bit his girlfriend's forehead" and "pushed, shoved and spit at" her on the night of Nov. 10, the New York Post reports.

Furthermore, the Weird Science star left her apartment and came back later that morning drunk and pounded on her door until he was taken away by cops.

Although he's been questioned by police, he's not under investigation they said. METRO WORLD NEWS

McGregor fine if kids see him nude

IT'S NOT LIKE THAT Ewan McGregor isn't embarrassed about his children seeing his nude scenes, femalefirst.co.uk reports.

The actor — who has stripped in many of his movies, including Velvet Goldmine and Trainspotting — insists he will happily show all of his movies to Clara, 13, Esther, eight and adopted Jamiyan, eight, when they get older.

McGregor — who is married to production designer Eve Mavrakis — said: "I have no regrets about anything I've done. I've never done a nude scene for the sake of it. METRO NEWS SERVICES

Berry cashing in on property buy

NOT JUST A PRETTY FACE Halle Berry is doubling up in the property market, selling off the Hollywood hideaway she bought in 2001 for more than twice what she paid for it. The actress has put her Benedict Canyon Drive property up for sale at $5 million US, according to internet reports says femalefirst.co.uk.

She paid $2.2 million for the Beverly Hills address eight years ago, just before she wed singer Eric Benet. According to RealEstalker.com, the property features two bedrooms, two bathrooms, landscaped gardens and stone spa. METRO WORLD NEWS

Celebrity tweets

Karl Rove draws the line somewhere, Benji Madden is trying guide the English language, Demi Moore encourages older woman to think sexy, and Pink isn't sure a workout really happens if there's no one around to see it.

• @KarlRove it is a matter of conscience for me that I cannot wear a Snuggie.

• @benjaminmadden I am now Deeming the next decade the 2 10's. if it catches on you will all remember my name. If doesnt you will forget i ever twittered this

• @Pink when i walk in2 a hotel gym and its completely empty, it makes me sorta feel like I don't actually exist. seems really wrong. weird.

METRO WORLD NEWS

Beyonce bemoans her star lifestyle

THERE, THERE RICH LADY Beyonce Knowles admits she's had to give up a lot to become a star.

"I just sacrificed life. Being able to walk down the street and being able to make mistakes and not have it recorded forever," she says, according to Hollyscoop. "I haven't had longer than a couple of months off ever in my life, since I was 15." METRO NEWS SERVICE

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Today: Mainly sunny 7° / 1°
Wednesday: Variable 7° / 0°
Thursday: Rain 90% 3° / -3°

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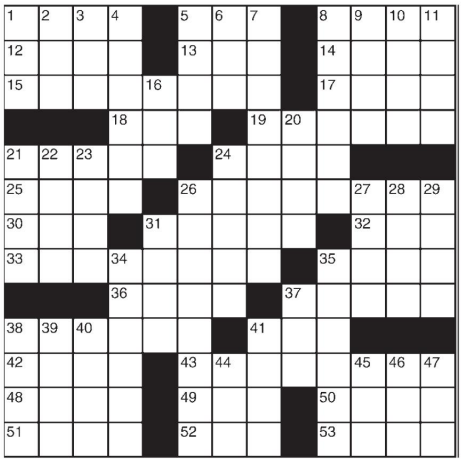
Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



1 Platter
5 Upper limb
8 — mater
12 Concept
13 Kiwi's bygone kin
14 Bathday cake?
15 Petula Clark classic
17 Dorothy's destination
18 Acorn maker
19 Window in a roof
21 Take as one's own
24 Pop flavor
25 Mr. Crockett
26 Distinguishing trait
30 Corroded
31 Old Aegean region
32 Greet the villain
33 Price reduction
35 Chorus member
36 "The Audacity of —"
37 Sweater type
38 Historical records
41 Feedbag tidbit
42 Volume
43 City building
48 Needle case
49 Leading lady?
50 Falco or Adams
51 Lairs
52 Sprinted
53 Run into
1 Accomplished

DOWN

2 Altar affirmative
3 Stitch
4 Four-poster feature
5 Out of control
6 Tier
7 Guitar's cousin
8 Religious retreat
9 Weaver's apparatus
10 Jerry Herman heroine
11 Unoriginal one
16 Make lace
20 Earthen pot
21 Partner of 49-Across
22 Information
23 Finished
24 "— talk?"
26 Shaq or Kobe, e.g.
27 Competent
28 Campus mil. program
29 Eccentric one
31 Pedestal occupant
34 Light-colored uniforms
35 Country song?
37 Forefront
38 Sleeping
39 Memorandum
40 Common subject?
41 Actor Clive
44 Eggs
45 Citric cooler
46 Tell a tale
47 Allow

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4	7		1		9	
8		1	9	6		4		
	5						3	1
3			6		7		2	4
	1			5			6	
2	6		8		9			3
5	8						1	
		2		9	6	3		7
	7		1		3	2		

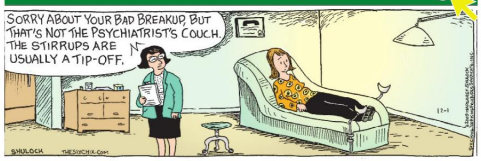
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	E	P		A	B	A	C	A		P	E	A
D	A	S		S	E	N	O	R		R	U	M
Q	U	I	C	K	L	I	M	E		I	R	E
			A	F	L		M	O	R	M	O	N
E	M	P	L	O	Y		A	L	O	E		
V	I	A		R	U	G		E	A	T	E	R
E	R	N	S		P	O	D		D	I	M	E
N	A	T	A	L		D	E	F		M	I	S
		O	G	E	E		R	O	B	E	R	T
D	A	M	S	E	L		I	R	A			
I	I	I		W	I	N	D	C	H	I	M	E
A	R	M		A	T	R	E	E		V	O	L
L	Y	E		Y	E	A	R	S		Y	A	M

5	7	3	8	2	1	9	6	4
4	1	2	3	9	6	7	8	5
6	9	8	7	5	4	2	3	1
8	2	4	6	7	3	1	5	9
3	5	9	2	1	8	6	4	7
7	6	1	5	4	9	8	2	3
2	8	5	9	3	7	4	1	6
1	3	7	4	6	2	5	9	8
9	4	6	1	8	5	3	7	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Farfalle with Broccoli and Anchovies

INGREDIENTS:

14 oz (400 g) farfalle
2/3 lb (300 g) broccoli florets
1 3/4 oz (50 g) can anchovy fillets, drained
2 tbsp (25 ml) 1% milk
2 tbsp (25 ml) olive oil
4 large garlic cloves, crushed
Small bunch of fresh parsley, chopped
1/4 tsp (1 ml) crushed chili flakes
1 1/2 tbsp (20 ml) unsalted butter

To serve
Grated Parmesan cheese

METHOD:

Cook pasta according to pack instructions. Remove thick stalks from broccoli florets, then slice in half or quarters for smaller florets. Add to pasta for final minute of cooking. Reserve about 6 3/4 tbsp (100 ml) of cooking water, then drain pasta and broccoli thoroughly.
2. Meanwhile, soak anchovies in milk 5 minutes to remove salt. Drain, then chop.
3. Heat olive oil in warm pasta pot and add chopped anchovies, garlic, parsley and crushed chili flakes. Stir over medium heat 2 minutes.
4. Add pasta and broccoli to pot with reserved cooking water. Toss gently and season with ground black pepper. Add butter and toss until melted. Turn into warmed serving bowls and serve immediately with Parmesan cheese.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
What's going on in your private life is making you a little bit jumpy, not least because you find it so hard to predict what is going to happen next.

TAURUS
APRIL 21-MAY 21
Later in the month, when the Sun changes signs, you will get the chance to do something you have been waiting to do for years.

GEMINI
MAY 22-JUNE 21
If ever there was a right time to impress partners and loved ones and even people in positions of power that time is now.

CANCER
JUNE 22-JULY 22
You may be in inspired form, but no matter how fast your mind is working you are advised to wait a while before trying to turn ideas into reality.

LEO
JULY 23-AUG 23
Anyone who thinks they can trick you into doing something that is not in your interests obviously does not know you too well.

VIRGO
AUG 24-SEPT 22
Too many of the people you have dealings with today will talk and talk some more without actually telling you much of what you need to know.

LIBRA
SEPT 23-OCT 23
Something you hear in passing could benefit you enormously, but only if you have the courage to follow up what you learn with swift and direct action.

SCORPIO
OCT 24-NOV 22
As Uranus, planet of the unexpected, turns direct in your fellow Water sign of Pisces today there will be surprises galore – and all of them good.

SAGITTARIUS
NOV 23-DEC 21
If you need to sit down and talk through certain issues with partners and loved ones now is the time.

CAPRICORN
DEC 22-JAN 20
You will learn something to your advantage over the next 24 hours, but it will only remain to your advantage if you keep the information to yourself.

AQUARIUS
JAN 21-FEB 18
Step back from a situation that is causing you sorrow and ask yourself how important it really is to you.

PISCES
FEB 19-MARCH 20
Uranus, planet of genius, turns direct in your sign today and that is a hugely positive omen. It will certainly open your mind to new ideas.

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- Paralegal

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2 for 1* sale

*2nd passenger pays applicable taxes and fees.

Puerto Plata
Bahia Principe San Juan • 4★
All-Inclusive • Standard rm.
Jan. 1–15 • 1 wk.

1st passenger $589
+Taxes & other fees (including service charges): $307

2nd passenger $0
+Taxes & other fees (including service charges): $307

Varadero
Sirenis La Salina
Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Jan. 3–25 • 1 wk.

1st passenger $1349
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally
Please add $100 for Sat. and Sun. departures

2nd passenger $0
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Liberia, Costa Rica
Tamarindo Diria • 3★
Breakfast • Sunset oceanview rm.
Jan. 21 & 28 • 1 wk.

1st passenger $1599
+Taxes & other fees (including service charges): $204
Departure tax: 26 USD cash, paid locally

2nd passenger $0
+Taxes & other fees (including service charges): $204
Departure tax: 26 USD cash, paid locally

La Romana
Gran Bahia Principe
La Romana • 4 1/2★
All-Inclusive • Junior suite
Jan. 2–23 • 1 wk.

1st passenger $649
+Taxes & other fees (including service charges): $307

2nd passenger $0
+Taxes & other fees (including service charges): $307

Holguin
Sirenis Playa Turquesa • 4★
All-Inclusive • Superior rm.
Jan. 2–23 • 1 wk.

1st passenger $1359
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally
Please add $100 for Sat. departures

2nd passenger $0
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Puerto Vallarta/Riviera Nayarit
Crown Paradise Club:
A Family Resort • 4★
All-Inclusive • Standard rm.
Jan. 3–31 • 1 wk.

1st passenger $1649
+Taxes & other fees (including service charges): $273
Please add $110 for Sat. & Sun. departures

2nd passenger $0
+Taxes & other fees (including service charges): $273

Samana
Gran Bahia Principe
El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Jan. 9–24 • 1 wk.

1st passenger $729
+Taxes & other fees (including service charges): $307

2nd passenger $0
+Taxes & other fees (including service charges): $307

Santa Clara
Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Jan. 2–16 • 1 wk.

1st passenger $1379
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally
Please add $100 for Sat. departures

2nd passenger $0
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Los Cabos
Barceló Los Cabos
Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 9 & 16 • 1 wk.

1st passenger $1899
+Taxes & other fees (including service charges): $274

2nd passenger $0
+Taxes & other fees (including service charges): $274

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Punta Cana
Occidental Grand Punta Cana • 4★
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Jan. 5–7 & 11–26 • 1 wk.

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+Taxes & other fees (including service charges): $307
Price based on Tues. & Wed. departures

Aruba
Occidental Grand Aruba • 4 1/2★
All-Inclusive • Royal Club luxury oceanview rm.
Jan. 16 & 17 • 1 wk.

$2199
+Taxes & other fees (including service charges): $237

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